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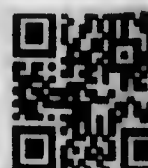
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Friday, January 27, 2017

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Vol. 39, No. 6 ■ \$2

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GIMME
SHELTER

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BOYS
HOCKEY

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CYCLING

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CONFESSIONS OF
A DUMP JUNKIE

COMING IN PRINT
PHOTOS: Eyes on Owls
at library

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Long road to traffic signalization

By Amanda C. Thompson
athompson@wickedlocal.com

Ask anyone in Cohasset and they'll tell you that the intersection of 3A and King Street by Scituate Hill is one of the worst in town. But you'll get no such consensus from MassDOT, and since 3A is a state highway, they're the ones who make the call about whether the intersection needs a traffic light.

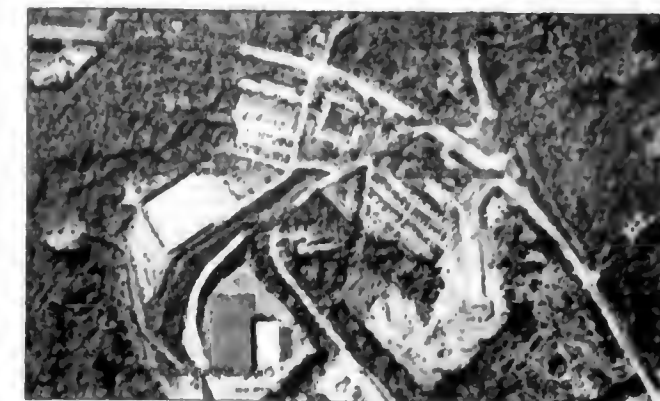
That doesn't mean it'll

never happen. The intersection does meet several criteria for meriting signalization. But drivers will likely have to wait until after the self-storage facility on Scituate Hill is complete and traffic is using the subdivision road to access the various businesses and offices on the hill, including the medical building, the Brass Kettle building, Crocker Road, and the storage facility.

"They probably won't put

it in until they see how it shakes out when the project is done," said Planning Board Chairman Clark Brewer.

Brewer said the Town has been putting in requests to MassDOT once or twice a year for some time now. He doesn't think the new development will tip the scales in favor of a traffic light, though. If the state decides in favor, it'll be



Many would like to see a traffic signal at the intersection of 3A and King Street, but the decision lies with MassDOT, since 3A is a state highway. IMAGE FROM GOOGLE MAPS

SEE TRAFFIC, A9

LOCAL CONNECTION



Ted Carr, former Cohasset selectman and one of the organizers of the Boston march, on stage with his wife Tanya and daughters CC (left) and Chloe (right).

Cohasset citizens join Women's March

By Amanda C. Thompson
athompson@wickedlocal.com

Cohasset "grabbed back" at the Boston Women's March for America. On Jan. 21, dozens of locals turned out to the event, while others traveled to Washington, D.C. and even as far as Los Angeles to make a statement for women's rights, human rights, and justice.

Cohasset, of course, wasn't the only town that sent people to the marches. Close to 200,000 people attended the one in Boston: the largest

SEE MARCH, A4

MISSION STATEMENT

On Jan. 21, 2017, we will unite in Boston to march in solidarity with communities most affected by the hate, intolerance and acts of violence being perpetrated throughout the nation — among many are communities of women, immigrants, people of color, people who identify as LGBTQIA and people with disabilities. We stand for religious freedom, human rights, climate justice, racial justice, economic justice and reproductive justice. Together, we will send a message to our leaders and the world that the United States of America stands for values of human dignity, equal rights and freedom from discrimination.

LOCAL MEDIA

New 143tv show gets rolling

By Amanda C. Thompson
athompson@wickedlocal.com

Cameras rolled last month on "Insights with Claudia," a new talk show on 143tv hosted by resident Claudia Russell. The words "talk show," however, don't quite do it justice.

"I don't think anybody's really taken the angle she's taken," said 143tv Producer Don Roine. "We

have political sit down talk shows. This is coming in as a more conversational way of interviewing more than it is a questionnaire. She has a living room approach to her dialogue."

Russell filmed and aired her first episode, an hour-long dialogue with Red Lion Inn owner Gerd Ordelheide, in December. Though Ordelheide's recent purchase of the harbor estate

has made plenty of headlines, Russell didn't take a news approach, instead opting for the human interest angle. "I love talking to people and learning about people," said Russell. "There's questions out there that people wanted answers to that I made sure to ask. But I try to keep it objective and fair. I'm only getting one voice, but I don't want to be

"I love talking to people and learning about people."
Claudia Russell, "Insights with Claudia"

perceived as taking sides." Russell originally planned for a half-hour episode, but once the conversation got going, it became clear that half an hour wasn't going to be enough. At the 30-minute mark, Russell felt the conversation was

SEE 143TV, A9



Claudia Russell is the host of 143tv's newest show, "Insights with Claudia."

SEE BUDGET, A12

FINANCES

Budget season

Town planner cost covered

By Amanda C. Thompson
athompson@wickedlocal.com

Selectmen took a first look at the budget for fiscal 2018. Town Manager Chris Senior was pleased to announce on Tuesday, Jan. 24 that there would be room in the budget to hire a planner to support what selectmen said was their top goal this year: to "re-engineer Town planning."

They started out strong by creating the Master Plan Steering Committee, Long Range Planning Group, and Affordable Housing Steering Committee. But there is only so much that volunteer government can accomplish. A dedicated planner could help move the town more efficiently toward its goals.

A planner would work toward priorities such as affordable housing, open space, the harbor, the 3A corridor, and a review of zoning bylaws that have allowed undesirable construction to be approved along Cohasset's coastline and in other sensitive areas.

A planner would also

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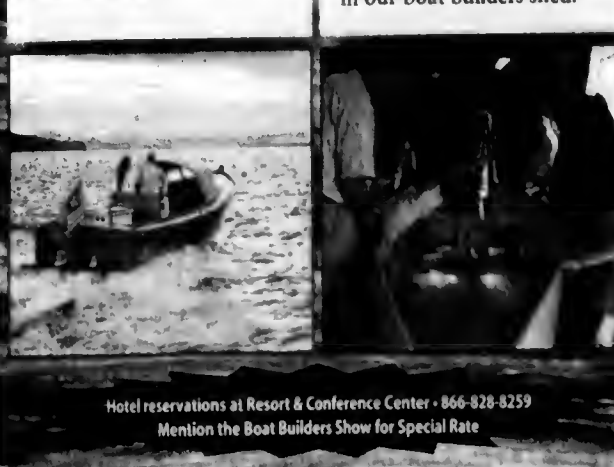


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PICTURE THIS

Anna and Skye

Name: Anna Cunnie and Skye Mitterando

Occupation: A: Student/ Singer-Songwriter. S: Student/Singer.

Best day of your life: A: Filming my first music video! S: Meeting Pentatonix.

Best vacation: A: Going to Los Angeles with my family. S: Going to Colorado with my mom.

Favorite season: A: Summer. S: Fall.

Favorite Holiday: A: Christmas. S: Halloween.

Favorite snack or junk food: A: Apples and Popcorn. S: I don't eat junk food it makes me sick.

Best book: A: "The Hunger Games." S: "More Than This" by Patrick Ness or "Symptoms of Being Human" by Jeff Garvin.

Best movie or actor: A: Selena Gomez and Jennifer Lawrence. S: Imitation Game, what a masterpiece.

Best TV Show: A: Young and Hungry. S: Sherlock, what a masterpiece (get it)

Best music, group or



Anna Cunnie (left) and Skye Mitterando often perform at the Ground Level teen coffeehouse, which just launched at the Cohasset Village Rec Center. Here, Anna and Skye perform at Ground Level's family coffeehouse at Sanctuary Marshfield. Sanctuary has been hosting the event for two years. WICKED LOCAL STAFF PHOTO BY AMANDA C. THOMPSON

artist: A: Taylor Swift, Coldplay and Selena Gomez. S: Pentatonix or gnash.

Pet Peeve: A: People chewing loud and being rude. S: People putting their hands in my face.

Most embarrassing moment: A: Riding my

lawnmower into a bush.

Fun fact: S: I'm colorblind to just the color red.

Person you would like to meet: A: Taylor Swift. S: Well after meeting Mitch Grassi I would love to meet Jack Douglass.

Goal: A: To release an EP by this summer and become a performing artist. S: Release my own EP.

Biggest worry: A: To not do well. S: Failure.

Best part of Cohasset: A: The beaches. S: It's very pretty.

SENIOR SCENE

Save date for Valentine's Day Luncheon

All events take place at Willcutt Commons, 91 Sohier Street, unless noted. Call for Reservations: 781-383-9112.

WEEKLY LUNCHEONS: Lunches are served at noon Tuesdays, Wednesdays, and Thursdays. Reservations are required no less than 24-hours in advance. Delicious Meals provided by local restaurants and Cohasset cooks. Cost: \$3.
■ Tuesday, Jan. 31, Chef Carol: Minestrone.
■ Wednesday, Feb. 1, Chef Diane and Launch, Stuffed Shells.
■ Thursday, Feb. 2, Chef Mary Kay: Soup and Sandwich.

BROWN BAG LUNCH AND MOVIE, MONDAY, JAN. 30, 11:30: This month's movie: Jo. Betrayal, treachery, the loss of innocence and the scars of love pave the road in this intense emotional and human comedy about becoming a true boss of family and enterprise facing

a world of unforgiving commerce. Bring your lunch. We'll supply the popcorn.

ASSISTIVE DEVICES FOR HEARING IMPAIRED, TUESDAY, JAN. 31, 1 P.M.: Mass Commission for the Deaf & Hard of Hearing will demonstrate the benefit from the amplified hearing system available in our center. Open to everyone. Delicious Meals provided by local restaurants and Cohasset cooks. Cost: \$3.

LUNCH-N-LEARN WITH AT HOME HEARING HEALTHCARE, TUESDAY, FEB. 7, 12:00: Michael Schmitt will talk about hearing loss and what can be done about it. He will have information about different hearing aids available. \$3. Lunch reservation 24 hours in advance required.

CAREGIVER PRESENTATION: UNDERSTANDING & RESPONDING TO DEMENTIA-RELATED BEHAVIORS: Wednesday, Feb. 8, 10 to 11:30 AM. Behaviors are a form of communication. Learn how to identify, understand and respond to challenging behaviors your loved one may be displaying. Presented by Jennifer Hoadley of the Alzheimer Association. Please let us know you will be attending by calling 781-383-9112.

INTERGENERATIONAL LUNCH WITH DEER HILL SCHOOL STUDENTS, THURSDAY, FEB. 9, 12:00: Enjoy lunch with Mrs. Moser's 4th grade class along with an activity or entertainment. It's a great way to meet some youngsters and learn from them, as they learn from you! Please plan on joining us! \$3 lunch reservations 24 hours in advance.

THE ULTIMATE SELFIE: WRITING YOUR OWN OBITUARY, Mondays, Feb. 13, 27 and March 6, from 10 am to 12 pm. Make sure you are remembered the way you want. Conducted by veteran journalist Chuck Jaffe.

When finished, participants will have an edited obituary of roughly 500-800 words that family and friends can use to capture your life and focus on the things important to you.

VALENTINE'S DAY LUNCHEON, TUESDAY, FEB. 14, 12:00: Celebrate Valentine's Day with us! We'll have a wonderful lunch provided by Anna and her angels, with entertainment by professional musicians Dolores Ofria and Duane Sullivan, singing all the old standards from the 30's, 40's, 50's, and 60's. Enjoy classics originally performed by Frank Sinatra, Rosemary Clooney, Steve Lawrence and Eydie Gorme. \$6. Reservations required no later than Friday, February 10, 2017.

Regularly scheduled activities:

■ **Cohasset Café:** Mondays, 9 to 11 a.m. Drop in for coffee, conversation and fresh baked treats provided by The Friends of Cohasset Elder Affairs. \$3.

■ **French Conversation:** Mondays, 10 a.m. Looking to improve your French? Informal gatherings for those less-than-expert. Drop in.

■ **Zumba Gold:** Fridays, 10 to 11 a.m. Ditch the work out! Join the party! Zumba Gold workout incorporates dance/fitness routines set to Latin and international rhythms but is performed at a lower intensity than regular Zumba. Great for cardio, range of motion and balance. Drop in. \$5.

■ **Gentle Yoga:** Tuesdays at 9:30 am. Instructor, Amy DiLillo. Drop in \$5.

■ **Mary's Yoga:** Tuesdays at 4:30 pm. Instructor, Mary Ernst.

■ **Chair Yoga:** Wednesdays, 1 pm. Instructor, Amy DiLillo. Drop in \$5.

■ **Yoga/Meditation:** Thursdays 9:30 am. Amy

DiLillo and Jen Williams. Half yoga and half meditation. Learn relaxation techniques that you can use any time. Drop in. \$5.

■ **Veteran's Services:** Hours, Tuesdays, Wednesdays and Thursdays, 9:00 am - Noon.

■ **Bridge:** Wednesdays, 1 to 4 p.m. Bring your own foursome.

■ **Stretch and Balance Conditioning:** Mondays 2:30 pm-3:30 pm Low impact class focusing on balance and flexibility.

■ **Strength and Conditioning Class:** Thursdays, 10:30 to 11:30. Follow the instruction of an exercise therapist to improve upper and lower body strength, endurance, and flexibility. \$5 per class.

■ **Book Club:** Second Friday of the month, 10:00 pm.

■ **Knitting:** Drop in. Fridays from 11 to 12:30 pm. Learners welcome.

■ **Transportation:** Door-to-door van service space permitting, first come first served, to the following: (Out of town trips, \$5 Round Trip).

■ **Medical Appointments:** within a 15-mile radius of Cohasset by appointment.

■ **FISH:** Medical rides to out of town appointments in volunteers' cars. Not wheelchair accessible.

■ **Around Town, Route 3A, Mondays, 1 to 3 pm.**

■ **Shaws, Tuesdays: 1:00 pm.**

■ **Cohasset Train Station, Wednesdays: 9:04 am inbound, 3:08 return.**

■ **Around Town (Downtown Cohasset), Thursdays: 9:30 am-10:30 am.**

■ **Stop and Shop, Fridays: 9:30 am.**

■ **Walmart/Hanover Mall, 2nd Wednesday of the month at 9:30 am.**

■ **Trader Joe's/Marshalls, 2nd Friday of the month: 9:30 am.**

■ **Derby Street Shops, 3rd Friday of the month: 9:30 am.**

■ **Christmas Tree Shop, 4th Friday of the month: 9:30 am.**

South Shore Tide Chart

COHASSET HARBOR (WHITE HEAD)

JAN. - FEB. 2017	HIGH			LOW			SUNRISE	SUNSET
	AM	HGT.	PM	HGT.	AM	HGT.		
Thursday 26	10:03	9.2	10:38	8.2	9:41	0.9	4:17	4:50
Friday 27	10:45	9.5	11:18	8.5	9:24	0.6	4:58	4:51
Saturday 28	11:25	9.7	11:57	8.8	9:06	0.3	5:38	4:52
Sunday 29			12:05	9.8	8:49	0.1	6:18	4:53
Monday 30	12:37	9.0	12:47	9.8	8:32	-0.1	7:00	4:55
Tuesday 31	1:18	9.2	1:31	9.8	8:17	-0.2	7:43	4:56
Wednesday 01	2:01	9.3	2:18	9.6	8:04	-0.2	8:29	4:57
Thursday 02	2:47	9.4	3:09	9.3	7:55	-0.2	9:18	4:59

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

PLEASE RECYCLE THIS NEWSPAPER

POLICE BEAT

Two arrests for operating under the influence

By Mary Ford
mford@wickedlocal.com

OUI arrest

A 23-year-old Cohasset woman has been charged with drunken driving following a single-car accident on Friday (Jan. 20) just before midnight.

Police said Sophie N. Stoker-Long of 177 Atlantic Ave. was traveling south on N. Main Street past the train station when she veered off the road colliding with some white, cement guard posts. Once her wheels left the roadway, her car was sucked onto the soft shoulder where she took down about half a dozen posts, police said.

She was not injured but was exhibiting signs and symptoms of intoxication. The car sustained heavy damage and had to be towed.

Police said Stoker-Long admitted to having been drinking but refused to perform field sobriety tests. Based on police observations at the scene, she was arrested and charged with operating under the influence of alcohol, operating to endanger and failure to drive in marked lanes.

OUI arrest

A 21-year-old Cohasset man was arrested in Hingham at Queen Ann's Corner for operating under the influence of drugs around 8 p.m. on Sunday (Jan. 22) after driving erratically and failing to stop for a police officer. A Hingham officer, who is a drug recognition expert, evaluated Michael C. Livingstone of 63 Chittenden Lane at the Hingham Police Station and confirmed he was under the influence of drugs.

Earlier that day Livingstone was taken to the hospital after a caller from Dunkin' Donuts at Fiori's Gulf on Chief Justice Cushing Highway reported a man there appeared to be under the influence of drugs. He was later released from the hospital.

On Thursday morning (Jan. 19), police talked to Livingstone at his home after a caller reported a white Lexus tailgating and driving erratically on Sohier Street and provided a partial plate. However, police did not see his operation of the car so he was not charged.

Thin ice

A concerned citizen notified police on Monday afternoon (Jan. 16) about two kids skating on the pond off Cushing Road and that the ice had gaps and was not strong enough to support them. When police arrived, the skaters had left. But police warn it has not been cold enough this year, for long enough, for outdoor skating. Even if a pond is shallow, it can pose a serious danger if someone falls through the ice.

Dumpster fire

Fire and police responded to a Dumpster fire at a home undergoing renovations on Old Coach Road on Tuesday morning (Jan. 17). There was plywood, plaster, paper bags, saw dust and other construction material in the Dumpster that was set on fire by careless disposal of smoking materials.

The caller called the fire station directly instead of 9-1-1. Police urge everyone to call 9-1-1 in an emergency because the 9-1-1 call system also provides the location and can save time.

No dispute

A concerned customer at the Walgreen's pharmacy called police on Tuesday (Jan. 17) around 5:35 p.m. after walking out of the store about two men who were acting aggressively, giving the pharmacist there a hard time. As it turned out the two men, ages 36 and 39, are construction workers from Virginia in town on the storage facility project off Route 3A and were having a prescription filled. Police spoke to the two men and the prescription was valid. Police said the call was made with good intent.

MV stop/tow

An officer observing traffic on North Main Street on Wednesday (Jan. 19) around 7:30 a.m., ran the plate of a 2014 Chevrolet Cruze that showed the registration had been revoked due to cancellation of insurance and the registered owner's license had expired.

The officer stopped the car on Cedar Street and the owner-operator, a 26-year-old Scituate woman, was issued a criminal summons for operating with revoked

registration, operating without insurance and operating while unlicensed. She will appear in court on those charges. Her car was towed.

Smoky oven

A house on Nichols Road had to be ventilated after some cooking went awry causing a heavy smoke condition in the home from the oven. The incident was called in around 10:50 a.m. on Wednesday (Jan. 18).

Mirror-mirror

A 65-year-old Cohasset woman reported to police on Saturday (Jan. 21) that while driving on S. Main Street in the village, her 2008 Mercury's passenger-side mirror hit the driver's side mirror of a parked and unoccupied 2010 Volvo, damaging that car's mirror.

Money lost

A 46-year-old Cohasset man went to the police station on Saturday (Jan. 21) around 12:50 p.m. to report that he had lost \$9,200 in cash that was in a bank envelope that he had just withdrawn from

Bank of America on Chief Justice Cushing Highway. When he got home, he could not find the envelope, checked his car and thought he may have dropped it in the bank parking lot. Police said no one has turned it in.

Sick raccoon

A resident of Grace Drive notified police on Sunday afternoon (Jan. 22) about a sick raccoon in her yard that had gunk on his eyes and was wobbly. She put a blue container over it and placed a rock on top. The animal control officer went to the home and by the time he arrived, the raccoon had expired. He disposed of the animal. No rabies test was required because the raccoon had not had direct contact with anyone or a pet.

Harassment

A 53-year-old Cohasset mother has reported to police that her daughter, who attends Cohasset schools, is being harassed by another student. The School Resource Officer is handling the matter.

WEATHER

Gusty nor'easter comes and goes

By Amanda C. Thompson
athompson@wickedlocal.com

Monday night's storm screamed and beat its chest, but in the end, it was harmless.

DPW director Brian Joyce said there were the usual floodings and fallen branches, "but nothing extraordinary — it was a typical storm scenario."

The expected drainage systems couldn't quite keep up. Storm surge dashed beach rocks onto Atlantic Ave. Treat's Pond collected a lot of water, but even that didn't catch the town off guard.

Joyce said they'd dug out parts of Treat's Pond to reduce the water level during events like this. As for the rocks on Atlantic, backhoes were at work pushing them



Ocean waves crash over the seawall on Channel Street in Hull on Jan. 24. WICKED LOCAL PHOTO

off the street on Tuesday afternoon, after the worst of the storm was past.

DPW activated the storm mode on the tidal gate in the harbor, allowing Jacob's Meadow to drain rather than building up extra runoff from Sanctuary Pond further up the watershed. The tidal gate also protects the meadow from an influx of salt water.

A contractor monitored the construction site at Bound Brook Dam throughout the night and there were no issues with the coffer dam, the temporary roadway, or the project itself.

However, due to the heavy rains, the water levels were elevated in the area. A pump and hose were installed to help mitigate the flooding. A ramp was placed over the hose to help vehicles pass. The Town of Cohasset notified residents on Wednesday to expect delays over the next few days.

All told, Cohasset was well prepared to weather the storm and to clean up in its wake. Joyce said it would take a couple of days for the water to subside.

DON'T MISS THIS

Buttonwood joins kindness campaign

Buttonwood Books and Toys embraces #choosekind, a campaign created by "Wonder" author R.J. Palacio, to celebrate the fifth anniversary of the book's release Feb. 14.

Friends and Fans are spreading the word honoring the event by asking people everywhere to choose to be kind. The social media

hashtag is #choosekind. Visit choosekind.tumblr.com and take the pledge!

The goal is to encourage a kind deed and make kindness an action verb. Buttonwood has set up a "Kindness Center" at the store. Everyone who shares their act and posts their deed on the Buttonwood kindness tree, from

now until Feb. 14, earns a book for RTR, Road to Responsibility, a non-profit organization that helps to train people with disabilities to be productive members of our society.

Please call Buttonwood at 781-383-2665 or visit: buttonwoodbooksandtoys.com if you need additional information.

PUBLIC NOTICE RIGHT-OF-WAY MAINTENANCE

As required by Massachusetts General Law Chapter 132B, National Grid (New England Power and/or Massachusetts Electric Company) hereby gives notice that it intends to selectively apply herbicides along specific transmission line rights-of-way in 2017.

The selective use of herbicides to manage vegetation along rights-of-way is done within the context of an Integrated Vegetation Management (IVM) program consisting of mechanical, chemical, natural and cultural components. In right-of-way vegetation management the pest or target is vegetation (primarily tall growing) that will cause outages and safety issues. National Grid's IVM program encourages natural controls by promoting low growing plant communities that resist invasion by target vegetation. The selective use of herbicides and mechanical controls are the direct techniques used to control target vegetation and help establish and maintain natural controls.

Rodeo, and possibly one of the following herbicides, Arsenal or Arsenal Powerline, will be applied directly to the surface of stumps immediately after target vegetation is cut (Cut Stump Treatment). Garlon 4 or Garlon 4 Ultra will be applied selectively to the stems of target vegetation using hand-held equipment (Basal Treatment). Krenite S or Rodeo, mixed with Escort XP, and one of the following herbicides, Arsenal or Arsenal Powerline, or Milestone will be applied selectively to the foliage of target vegetation using hand-held equipment (Foliar Treatment). Applications shall not commence more than ten days before nor conclude more than ten days after the following treatment periods.

Municipalities that have rights-of-way scheduled for herbicide treatments in 2017:

Treatment Periods		
January 30, 2017 - May 31, 2017	May 31, 2017 - October 15, 2017	October 15, 2017 - December 31, 2017
CST	Foliar	CST
Basal	Basal	Basal

Further information may be requested by contacting (during business hours, Mon-Fri from 8:00 am - 4:00 pm):
Marieclaire Rigby, National Grid, 939 Southbridge Street, Worcester, MA 01610.
Telephone: (508) 860-8282 or email: marieclaire.rigby@nationalgrid.com

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Inside Today's Paper

If you're looking to make some lifestyle changes this year, check out our Healthy Living section for the latest on how to improve your health and wellness — with focus on fitness, nutrition and much more.

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MARCH

From Page A1

event of its kind ever to take place on the Common. Nationwide, roughly five million people participated. Globally, 700 marches took place on seven continents. But Cohasset gets a little extra street cred for having an organizer in its ranks: The Boston march was coordinated in part by former Cohasset selectman Ted Carr. As organizer and stage manager, Carr worked with other planners across the country and with the City of Boston to ensure a successful event. "It was an honor to be one of the organizers and play a small role for the Boston Woman's March," Carr said. "It was especially wonderful to have my daughters want to be involved; they worked with me backstage getting performing artists to and from the stage, and they got to march on this historic day." Carr's sixth-grade daughter CC commented, "With all the bad things going on in the world today, you come to a place like this and see all the love and happiness and wonder where this has been all your life."

CC wasn't the only one inspired by the march. See related story for thoughts from other Cohasset protesters.

Boston was one of the only cities that pulled off its march almost exactly as planned (minus a few technical delays). Across the country, cities were so inundated that they had to cancel the marching portion of the event and settle for a rally in place.

Boston, too, saw a bigger turnout than expected, and another 20 or 30 thousand would have put it over the top. The tight geography of the city made it even more challenging. But in the end, organizers were able to extend the march route so that everyone could participate.

The massive turnout wasn't just inspiring; it bodes well for ongoing peaceful dissent and activism. After the march, Carr said, "This is not the end. It's the beginning. It's an exciting time for the organization."

Follow Amanda on Twitter for updates: @MarinerAmandaT

Marchers sound off

Mae Carpenter

"I was struck by how important it is that we stand up and make our voices heard; not only for ourselves and our families, but especially for the people who have been protesting and marching for decades. We are so proud that the march in Washington was peaceful and that there were no arrests."

"But, let's be honest, the police and government are not threatened by white women. Remember all of the historic images of peaceful marches that have been met with tear gas, fire hoses, and batons. There are not many white faces in those pictures. This is why it is crucial that we keep showing up. That we remind the media and the world that America is a diverse and beautiful nation and that we stand together. It took far too long for us to show up. Now we need to stay in it. The March was just the beginning."

Katie Holden

"Being surrounded by so much united energy and outrage was powerful. When the roar of the 'wave' (similar to stadiums) passed through the Marchers, we got chills."

"I hope this peaceful march will inspire others in Cohasset and let those that feel scared and fearful

know that they are not alone in their fight for equal rights and environmental justice. I hope people will be inspired to show up for the next one."

Nicole McKeen

"I am a home birth midwife. I offer full-scale prenatal and postpartum care in my Hingham office and I attend births in the client's home but I am ALWAYS available for the women I serve. And a lot of time that means I am speaking to a prospective client while I'm taking one of [my kids] to baseball practice or I'm excusing myself during dinner because a woman is on the other side of the phone crying..."

"I am a relatively new midwife, having just graduated from Birthwise Midwifery School in 2015, thus my daughter, 20, and boys, 13 and 11, were all very aware that mom went back to school to be a midwife."

"This career choice has also led, I hope and in time, to mindful, accepting young men that are given the gift to see and understand that women are amazing beings that create life with our bodies. But that also being a woman is messy and beautiful and hard and miraculous. And that speaking to, or of, women in a derogatory manner is never acceptable. Ever."

Mario Nolan

"What an incredible experience it was

to be a part of the Women's March on Washington. An experience that has left an indelible mark on me. To realize that you do not stand alone against hateful rhetoric and discrimination is empowering. "I was heartened to see that so many men joined us. Grandfathers, brothers, sons. We met brave women in their 80's and 90's being pushed in wheelchairs so they could be there to protest. Families with young children and infants. "I felt united as a human being that we could make a difference with this March. That it wasn't about politics. It was about human dignity and the rights we have to all be loved and respected."

Cheryl Whetstone

"Whether you are Republican or Democrat it was an impressive march. We saw several individuals along Beacon Street, Arlington Street, Comm Ave., sporting Trump T-shirts and/or hats and I didn't hear anything of ill-will exchanged between the opposing participants. "There was an incredible vibe. I am grateful that I was able to share the march with my daughter, friends and other young hopefuls in our group who I know will always remember this march. Their passion and energy inspires me."

At Woman's March

Courtesy Photos



Cohasset resident Anna Nicholas (second from left) and daughters Clementine (far left) and Josephine (far right) attended the Women's March in Washington, D.C. on Sunday, with sister Emily Sonier (center) of Waban and her daughter, Caroline, next to her.



Ryan Seuss, four-year-old Cohasset girl and future President, at Boston Common for the Women's March.



(Left to right) Lynn Tetraut (Cohasset), Sue Hess (Cohasset), Mario Nolan (Cohasset), Brooke Bartlett (Hingham), and Elaine Heilemann (South End) in Washington, D.C. for the Women's March.



Mae Carpenter (left) and Katie Holden on the steps of the National Archives in Washington, D.C. during the Women's March.



John McSheffrey and daughter Tyler attended the Boston march with a sign that said, "We are the Hermiones, the Leias, the Wonder Women of this generation."



Sally Sisson with her son, Sam, 24. Sam lives in Washington D.C. but grew up in Cohasset and visited for the weekend to march with his mom.



Alexa Bleicken, Owen Bleicken, and Sofia Whetstone march with signs in the crowd of nearly 200,000.

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APPLAUSE



Town Manager Chris Senior presented the MIIA award for risk management to selectmen on Jan. 24. From left to right: Steve Gaumer, Paul Schubert, Kevin McCarthy, Senior, Diane Kennedy, and Jack Kenley. WICKED LOCAL STAFF PHOTO BY AMANDA C. THOMPSON

Worth the risk management

By Amanda C. Thompson
athompson@wickedlocal.com

Cohasset was recognized for its commitment to risk management with an award from the Massachusetts Interlocal Insurance Association (MIIA), presented Jan. 21 during the Massachusetts Municipal Association (MMA) conference. This comes on the heels of an MIIA award presented to Cohasset last year for wellness in the workplace.

MIIA honored 15 member municipalities for their exemplary efforts to control costs and losses, reduce insurance claims, and promote cost-saving employee wellness measures, during the organization's annual conference in Boston on Jan. 24. The conference was held in conjunction with the MMA Annual Meeting and Trade Show.

"We are proud to honor these member communities who have found creative and innovative ways to manage risk and keep employees safe and well," said Stan Corcoran, Executive Vice President at MIIA. "Congratulations to them on a successful year. We look forward to continuing to work closely with all of our municipal partners to develop customized programs that help meet risk management and employee health and wellness goals."

In recognition of successful efforts to control municipal costs and enhance employee safety, MIIA awarded 12 municipalities with awards in four different categories. Each of the award winners has excelled at lowering insurance loss ratios by taking advantage of MIIA's rewards incentive program, and working in close partnership with their MIIA loss control representatives to implement process and safety improvement measures.

The Town of Cohasset demonstrated an expanded risk management focus and a sustained, long-term commitment to risk management. Cohasset's safety committee recently focused on workers' compensation losses, and has seen immediate results including enhanced accident investigations and timely reporting of claims.

The town continues to accommodate modified duty, creatively at times, when there is an opportunity to safely return an employee to work in some capacity. Cohasset's award "Commitment to Risk Management" was accepted by Chris Senior, Town Manager.

—Stephen Batchelder, Director of Claims Operations, and Wendy Gammons, MIIA Wellness Coordinator, contributed to this report.
Follow Amanda on Twitter for updates: @MarinerAmandaT

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LIFE AT CHS

What? A senior year without a snow day!

It truly pains me to inform the great people of Cohasset that no snow days have been accounted for. Not even a sheer amount of accumulation has been seen on the same day as school. I am beginning to feel disheartened that I may never relish in the blessing that is being a senior and having a snow day. Although these times look bleak and warm weather is again on the horizon, the fortitude of CHS is strong and we will prevail in these trying times.

This week was the one that many students had been dreading, final exams week. Tests, papers, and projects all being due within a short period of time is as synonymous as changing our class schedule. The occasional quiet murmurs of desperation have been heard around the halls with many beginning the realization process of what lies ahead of them, either in college or in their professional career. My piece of advice for underclassmen is this: although APs are very challenging, there is nothing better than seeing your friends cram for finals while you enjoy the benefits of being in a year-long class with no winter



CONNOR CURRAN

I am beginning to feel disheartened that I may never relish in the blessing that is being a senior and having a snow day.

exams. Hopefully the second half of the year will be as positive as the first for CHS students as they begin new classes and, later, spring sports.

Winter sports are now past the half-way point with our Skipper teams making an impact in all facets of athletics. Boys' hockey beat East Bridgewater for a second time winning that contest 7-2 and the wrestling team now has a record of 11-5 after defeating Dighton-Rehoboth on Saturday. As always, Cohasset is being competitive and taking it to our neighbors in the only way the Skippers know, full speed and no let up.

Due to the immense rain that we experienced the past few days, our school has shown signs of weathering. What some would call authentic character, many of the students would classify it as leaky roofs. The hallways are now spotted with trashcans that are being utilized to catch the rain

that slowly seeps into the building, adding to the learning atmosphere. I actually don't mind this since I do enjoy the soothing sound of trickling water while I take tests.

Although it will be difficult knowing there is no football this weekend, those feelings easily fade away due to the fact our god incarnate also known as Tom Brady has again brought this great region of the country to the promise land. Not only can we continue to brag how much better we are to the rest of the country, we actually have sustenance to back up these claims. So as always - show your support to our Skipper teams and IN BELICHICK WE TRUST.

—Connor Curran is a senior at Cohasset High School and a regular columnist.

GIMME SHELTER

Jake is cool, calm and collected

By Joanne Berman

Jake is a handsome 2-year-old tiger with striking greenish-yellow eyes. He came to us recently after spending his time living in and around a liquor store in Dorchester. He is exotic looking with his long, sleek body and penetrating eyes.

His time "out there" doesn't seem to have had too much of a negative impact on his personality, as he is friendly and engaging. While at the shelter he likes to sit high atop the cabinet in his room and will happily accept any scratches on his head. He gets along with other cats and has a zen-like personality.

Jake will make a great companion if given a chance to have a stable environment in which he can relax and feel at home. Jake is up to date with shots, neutered and ready to settle in to his own forever home.

You can learn more about our shelter as well as the other cats and kittens we have available for adoption by visiting us online at www.hsar.org or by visiting us at 487 Nantasket Ave., Hull.

Open hours are Monday nights, 6:30 to 7:30, and Saturdays, 2 to 3 p.m. You can also make an appointment if these times aren't convenient by calling our adoption coordinator,



Jake has a zen-like personality that is sure to win you over. COURTESY PHOTO

Judy, at 781-534-4902.

Calendars

HSAR is a no-kill shelter that relies solely on fundraising events, grants and donations. The year is still early on so pick up the 2017 Kittendales Calendar...the gift that keeps on giving! Every penny goes directly to helping the cats at HSAR.

They are sold at Toast Restaurant in Hull, HSAR and on www.kittendales.com. You can make a tax deductible donation on our website at www.hsar.org or mail to HSAR, P.O. Box 787, Hull Ma 02045.

Open hours are Monday nights, 6:30 to 7:30, and Saturdays, 2 to 3 p.m. You can also make an appointment if these times aren't convenient by calling our adoption coordinator,

Jake will make a great companion if given a chance to have a stable environment in which he can relax and feel at home. Jake is up to date with shots, neutered and ready to settle in to his own forever home

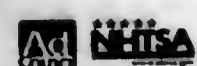
at the shelter over the years, and for being a loving foster mom to many homeless kittens in her home, when they were too young to come directly to the shelter. We are all grateful for your dedication!

—Joanne Berman is a volunteer for Hull Seaside Animal Rescue.

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BUSINESS NOTE

Beer and wine soon for Simply Smith's

By Amanda C. Thompson
athompson@wickedlocal.com

Soon diners will be able to order a glass of wine with their prime rib dinner at Cohasset's newly-opened upscale deli, Simply Smith's at 1 Pleasant Street. Selectmen voted on Jan. 24 to approve a license for Simply Smith's to offer malt beverages (beer and wine).

Owner and Manager Jean Sullivan went before the board to explain that the deli, which opened the week of Jan. 20, wasn't getting the business it wanted at dinnertime because it was only able to serve soda and water.

Sullivan said she had not held a liquor license before, but had taken the appropriate classes and hired three TIPS-certified wait staff, so there will always be someone on site who knows the regulations inside and out. She added that wine and beer would only be offered



Jean Sullivan, owner and manager of Simply Smith's at One Pleasant, and partner Greg Smith have opened their new upscale deli in Cohasset Village. WICKED LOCAL STAFF PHOTO BY AMANDA C. THOMPSON

via table service; there is no bar.

"People like a glass of wine to accompany their prime rib dinner," said Sullivan. "It would bring more

to the community." The board was on her side. "We want our businesses to

be successful," said Chairman Kevin McCarthy. At the same time, he had words of caution and urged Sullivan to study the license's fine print carefully. "Not to be dire, but we take this very seriously," McCarthy said.

Although Sullivan said she's always at the restaurant when it's open, the board encouraged her to appoint an assistant manager who could oversee the license if she couldn't be on the premises - due to illness, for example. Right now, the next-in-command is one of the TIPS-certified waiters. The board voted unanimously in Sullivan's favor. That's the second step toward getting the license approved (the first step is a background check, which police had already conducted).

Next, the application will go before the Alcoholic Beverages Control Commission for final approval, which can take anywhere from 30 to 90

days. But just because there's no wine yet doesn't mean diners can't stop in for a good meal! Simply Smith's is an upscale, yet affordable, old-fashioned dine-in deli service. That means it offers much more than just subs and sandwiches. It means serving dinner, too. It means having wait staff, and a well-trained, multi-certified one, at that. It means having dressings and flowers on every table.

The deli is open for lunch and dinner, 11 a.m. to 9 p.m., during the week. It's open until 10 p.m. on Friday and Saturday, with breakfast also available Saturday morning starting at 8 a.m. Breakfast and lunch are served from 8 a.m. to 3 p.m. on Sunday. Follow "Simply Smith's" for more information and photos of menu items!

—Follow Amanda on Twitter for updates: @MarinerAmandaT

HOW TO HELP

Blood drive at Second Congregational Church

The American Red Cross hopes the residents of Cohasset will take some time out of their busy lives to give the Gift of Life. A Red Cross Blood Drive will be held on Friday, Feb. 3rd.

PLEASE NOTE: this Cohasset Blood Drive will be held at a different location. It will be hosted at the Second Congregational Church of Cohasset, 43 Highland Avenue, between the hours of 1:30 and 6:30 p.m. Sincerest Thanks to the Second Congregational Church for helping out with a late change of venue due to a scheduling conflict. At

this time, donations of all blood types are needed to meet the needs of patients in local hospitals as well as those throughout New England.

Simply visit redcross-blood.org, call 1-800-RED CROSS (1-800-733-2767) or call Kevin or Ann O'Connor at 781-383-1290 to make an appointment or for more information.

All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who

are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Tell a friend or bring a friend and give the gift of life. If you cannot make it to this Cohasset Blood Drive on Friday, Feb. 3rd you can go on redcrossblood.org for a sampling of other upcoming blood drives in the area. Blood donors can now

If you go

When: From 1:30 to 6:30 p.m., Friday, Feb. 3
Where: Second Congregational Church
For an appointment or information:
■ redcrossblood.org
■ 1-800-RED CROSS (1-800-733-2767)
■ Kevin or Ann O'Connor at 781-383-1290

save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, prior to arriving at the blood drive. To get started and learn more, visit redcrossblood.org/RapidPass and follow the instructions on the site.

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the

nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or visit us on Twitter at @RedCross.

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JAN

27

2017

TRAFFIC

From Page A1

mostly based on the traffic that's already there.

The state needs to see 105 cars per hour coming through the intersection in order to justify a signal. While that volume of traffic is certainly passing through at rush hour, it's not consistent throughout the day. But it's close. Close enough that adding a light isn't out of the question.

"King Street already almost triggers signalization," said Brewer. "We're close to it. But being close to the trigger means that we may not be there."

If it does decide to install a light, then the state will require the town to follow Complete Streets protocol, which requires the inclusion of sidewalks and bike lanes on both sides of the street.

Complete Streets is a transportation policy and design approach that requires streets to be planned, designed, operated, and maintained to enable safe, convenient and comfortable travel and access for users of all ages and abilities regardless of their mode of transportation. It has been adopted in more than half of U.S. states and parts of Canada.

Encouraging multi-modal

The state needs to see 105 cars per hour coming through the intersection in order to justify a signal. While that volume of traffic is certainly passing through at rush hour, it's not consistent throughout the day.

transportation sounds great on paper, but it's not cheap. Complete Streets projects may be funded by any combination of the state, the town, a developer or landowner, or available grant funding. The state does not automatically foot the bill, although it's not unheard of.

A Complete Streets proposal was developed for the southern section of 3A where the state highway intersects with Beechwood Street, and the state planned to fund the whole thing. But while the plan may have helped matters at the dangerous and widely-hated intersection, with the absence of foot traffic in that part of town, it didn't make sense for the community.

Complete Streets does not allow towns to install a sidewalk on just one side of the street, or bike lanes only, or a traffic signal without the other elements. If a town doesn't want the whole package, then the program has nothing to offer, since the idea is to facilitate multi-modal transportation.

Stop & Shop learned that the hard way when they tried to put a light at the intersection of 3A and Sohier Street. The corporation was ready to foot the bill of about \$1 million. But the addition of sidewalks and bike lanes would have doubled the price to \$2 million, and the plan was abandoned.

Of course, with Scituate Hill's proximity to the commuter rail station, it's possible that Cohasset will decide it *does* want the whole package — bike lanes would enable commuters to ride to the train instead of driving. Sidewalks and bike lanes were popular requests during the Master Plan brainstorming sessions and survey phase.

The Scituate Hill developer is putting together an application for MassDOT and expects an update sometime in the spring.

Follow Amanda on Twitter for updates: @MarinerAmandaT

143TV

From Page A1

just getting going.

Talking on TV for an hour might sound daunting to most people. For Russell, though, it felt natural.

She has been a public speaker and presenter, so she already felt comfortable on camera, and as a chatty person, she had no trouble scraping together enough questions to keep the discussion going.

"As a first-timer, she's done very well," Roine remarked.

Russell said she has always wanted to have a TV show. It was on her bucket list, along with writing a book. But it was actually her daughter, a Cohasset High School sophomore and video camera operator for 143tv, who gave her the push in the right direction.

Russell called Roine, and Roine filled her in on the various preparations she would have to make before the show could come to fruition. She took an audio workshop and learned about angles and lighting.

Roine provided a crew for the first episode, and 143tv will continue to share resources as they're able. But going forward, Russell will need to assemble a crew of her own — one that won't be tied up by the variable schedules of municipal meetings and high school sports games.

For anyone who's

interested, getting involved with the local cable access channel is a great way to learn about TV production, or a fun way to apply skills you may not have used in a while. Reach out via 143tvinfo@gmail.com.

Russell hopes to create at least one episode per month this year. For now, though, "Insights with Claudia" is just a hobby; Russell has a full-time job and commutes three hours, round trip, to get there. Plus she's got a high-schooler and two college students!

As her kids grow up, though, Russell finds herself with more time to pursue something like "Insights." Someday she'd love to make it a weekly show with its very own time slot, maybe featuring folks from other towns on the South Shore.

Her featured subject wish list includes Linda Sable, a Cohasset lawyer appointed to the Massachusetts Juvenile Court; Lilly Sestito, owner of JJ's; the Roy family; a contact from her days as chief procurement officer for the MBTA; high school Athletic Director Ron Ford; the visionary behind Boston Beer Works; and many others.

"There are so many interesting people in Cohasset, even though it's not as diverse culturally," Russell said. "There are different personalities, different jobs, different levels of income and employment."

"I don't look like your typical Cohasset person,"

said Russell, who is Hispanic. "It'd be nice to put a little diversity on the local TV channel. They have a METCO program; they're trying. If I can help, that would be great."

To suggest a candidate for "Insights with Claudia," email claudiarussell23@gmail.com. Look for Russell's in-depth, behind-the-scenes interview with Gerd Ordelheide in the weekly rotation on 143tv, or expect to find it archived on the 143tv website next month.

Follow Amanda on Twitter for updates: @MarinerAmandaT



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Once upon a time, there was a big pile of laundry.



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OPINION

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

Mall towns

On page B10 in today's Mariner you will find a story about possible future scenarios for the Hanover Mall. We often shop there and have seen the mall become abandoned in terms of retail shops over the past several years. When both Dunkin' Donuts and McDonald's move out, as they have inside the Hanover Mall — there is likely a problem.

The future of that mall and the status of other shopping centers got us to thinking and wondering why some flourish while others slowly die. There is no doubt that shopping online has had an effect on foot traffic, especially on the big chains like Macy's. However, Macy's has a super online shopping site with great sales and deals on shipping. You can also easily return something purchased online to the local Macy's. So in order to keep up with online demand, Macy's may be contributing to the demise of its own brick and mortar stores.

We admit to not knowing what is going on at Merchant's Row Mall, also in Hanover, on Route 53 near the Route 123 intersection. That place is a virtual ghost town and it is very sad. We recall when Merchant's Row was new, sophisticated and really cool. If you have never been inside, it resembles a European village complete with Juliet balconies. It used to also have a vibrant restaurant at one end that started as the Barnside

and then changed hands several times over the past 25 years. Last time, we looked that space was empty and more dilapidated.

Derby Street Shoppes virtually rose from the ashes of the former Hingham Plaza that had been anchored by Building 19 and Boodles, back in the day. That plaza also slowly died — becoming an eyesore right at the gateway to Hingham.

That site has been transformed into the Derby Street Shoppes and its wide variety of restaurants, boutiques, chains, a drug store, supermarket and more. The only problem today is that during the holiday season, the shopping center is so popular that cars trying to enter are backed up in both directions on Derby Street and once inside, finding a parking spot can be a challenge.

South Shore Plaza in Braintree appears to be doing well in spite of online shopping. It seems as though the Plaza has become a substitute for the absence of the old-fashioned shopping street that used to exist in every town. When we go to the plaza, we get the feeling that patrons are there for the day that includes shopping, eating, people watching, and just hanging out.

The reasons why some shopping centers still thrive while others fail are complex. However, creativity and the ability to adjust quickly to changing tastes and shopping habits probably have something to do with it.

Cohasset Mariner

73 South St., Hingham, MA 02043
cohassetwickedlocal.com

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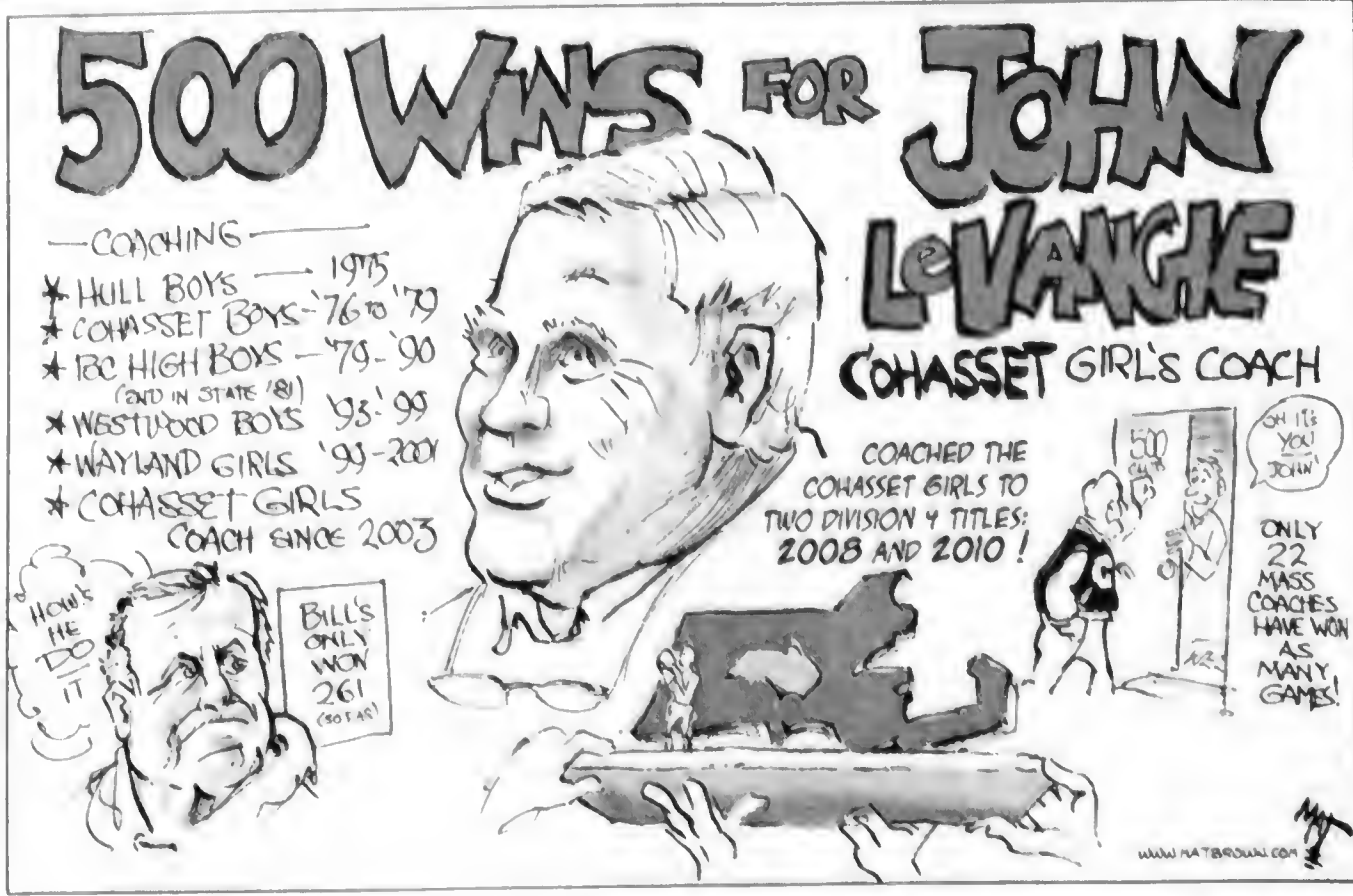
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Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.



DRY DOCK

Confessions of a real Dump Junkie

Crisis of confidence on Saturday morning at the Cohasset town dump. Can't really tell if my wine bottles are green or brown. Easy with the Gruner Veltiner, (the name helps). Harder with the Merlot. I don't want to screw up. People are watching. On the other hand, I think I've got the corrugated cardboard vs. other cardboard thing down perfectly.

I was not alone at the dump on Saturday. The lot was packed with terrain-conquering vehicles like Range Rovers and SUV's were to storm the beaches of Normandy or just to take kids to Sandy Beach. I made my weekly contribution to The Boutique (two very nice lamps and an embroidered cushion that I hope make it to a new home), and toyed with yet another dump truck that I might store for my family when they come back next summer.

I love the dump. I'm a dump newbie. We city sissies have single-stream recycling and curbside pick-up. We have trash guys who hang one-handed and perilously near the compactor at the back as the truck goes house-to-house. We just throw stuff out. No one even guesses at the gems we might have saved. I got my first dump

At first, I was a little hazy on dump etiquette. Luckily one of the professionals was always on hand to correct my flaws.



LOUISA KASDON

sticker ever, and made my first (ever) trip to the dump a few years ago. I loved it and started going multiple times a day just to watch the people coming and going, all day long, tossing blue bags, toting brown sacks full of plastic water bottles, separating cardboard from plain paper in neat stacks. I did have an excuse.

I met my friend Anthony at the Dump too, one of the luckiest things that has ever happened to me. He noticed me as a new face, and introduced himself.

Anthony: You come here a lot.

Me: "I do."

Anthony: "Like a lot a lot. Like three times a day."

Me: "My mother passed away she liked to keep things! Actually she kept everything. I counted 42 tennis racquets strung with cat gut."

Anthony: "I can help. I have a truck and I haul stuff away."

Anthony was at my house within an hour. So much good stuff for the dump! Basements! Attic! Garage! Scary towels! A year and one massive winter plumbing flood later, mice can eat off the floor of my garage, or go to the attic for a very sparse brunch.

I'm honestly scrapping the barrel trash-wise these

LIBRARY KIDS

Saturday's program is a real hoot!

For more information, contact the Paul Pratt Memorial Library at 781-383-1348 or visit: cohassetlibrary.org.

EYES ON OWLS: Saturday, Jan. 28th at 2 p.m., "Eyes on Owls," live owl show for ages 4 and up. Join renowned naturalist and owl rehabilitator, Marcia Wilson and Mark Wilson, wildlife photographer, for "Eyes on Owls." They will introduce us to owls found in New England and around the world. You will practice your hooting skills, see live owls close up, and learn what you can do to protect this valuable animal. Do not miss this unique experience. Seating is limited, so come early! Generously funded by the Friends of the Cohasset Library. Ages 4 and up.

Weekly programs:

■ Mamasteph, Mondays at 10:30. Generously sponsored by the Friends of the Cohasset Library.

■ LEGO® Club, Monday, Jan. 30th from 4 to 5 p.m., Meeting Room. All ages welcome. All materials provided.

■ Puppet Story Time with Leigh and Friends, Feb. 7 &

21 at 10:30 a.m., Meeting Room. Generously funded by the Friends of the Cohasset Library.

■ Storytime with Mrs. Moody, Tuesday, Jan. 31 at 10:30 a.m., Meeting Room.

■ Reading Partner with Sophie EVERY TUESDAY from 4 to 5 p.m. We are continuing our Reading

Partner program sponsored by the Cohasset Working Dog Foundation throughout the school year. Sophie, our reading therapy dog, will be here every Tuesday from 4 to 5 p.m. to practice her listening skills. Sign up in the Children's Room upon arrival. For more information go to

In the past, Cohasset kids have gone wild over the Eyes on Owls program that returns to the library on Saturday. WICKED LOCAL PHOTO



JAN

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2017

LIVING WELL

Breaking down the Tom Brady diet

Should our diet resolutions be to eat like Tom Brady? It's hard to ignore the remarkable performance of Tom Brady this year and not question if it has anything to do with his "interesting" diet. Much has been written about Giselle and Tom's dietary approach, which includes aspects of the Mediterranean diet and excludes coffee and caffeine, white sugar, white flour, MSG, dairy, and nightshade vegetables. But is it the holy grail of diets?

Boston Magazine recently took to having professional registered dietitians, as well as a nutrition scientist, fact-check the basis of Brady's nutritional choices. The results: you can't go wrong eating mostly plant-based foods. But there isn't such agreement about



JOAN F. WRIGHT

eliminating coffee, which has some benefits including heightening mental capacity and improving short-term memory. The caution here is to limit coffee intake to no more than three cups a day.

As for eliminating nightshade vegetables, no formal research has proven the claim that these may cause inflammation. The Arthritis Foundation even debunks this theory and calls attention to a study published in the Journal of Nutrition in 2011 that showed two such vegetables — yellow

and purple potatoes — lowered blood markers for inflammation in healthy men.

Perhaps an allergy to solanine, a compound found in nightshade vegetables, may be the issue for some, however, this sort of allergy is rare. Solanine can increase histamine, which may result in an inflammation in sinuses, eyes and throat causing nasal congestion, postnasal drip, and itchy, watery eyes. Or, the intestinal tract can become inflamed from histamine as well, causing cramping, diarrhea, nausea or vomiting. If allergic, these symptoms would occur within minutes of eating nightshade vegetables. An antihistamine can treat minor allergy symptoms; digestive symptoms will not be alleviated by over-the-counter digestive

medications.

Dairy is another food group with mixed responses as to whether it's good or bad. The one thing all can agree upon is due to its high prevalence of legitimate intolerance or allergy in people, other calcium rich foods should be included in the diets of anyone who has eliminated dairy.

So is there a holy grail of diets? Dr. David Katz of Yale's Prevention Research Center conducted a review in 2014 of every mainstream diet to compare medical evidence of each diet's claims. His conclusion: No one "diet" is superior; however, minimizing processed foods, and selecting ones that are "close to nature... is decisively associated with health promotion and disease prevention."

Listen to your own body and don't be fooled by fads or what works for others. Keep a food diary and note what foods make you feel your best and which your worst.

So, perhaps the best approach is to use good sense when selecting foods. Listen to your own body and don't be fooled by fads or what works for others. Keep a food diary and note what foods make you feel your best and which your worst. Is there any correlation between your diet and your aches and pains, upset stomachs, respiratory issues? Work in sync with your doctor; are there imbalances in your blood work that can be countered by your diet? Are you lacking certain vitamins or nutrients?

Pay attention to science proven facts. Plant-based foods are associated with lower risk of chronic

diseases and therefore, are cited as the healthiest choices on the menu. That said, pouring a heavy cream-laden sauce over some of those veggies may negate that healthy choice! That's where the good sense comes in.

—Living Well is a monthly column provided by Joan F. Wright on behalf of the NVNA & Hospice. Wright is a Certified Dementia Practitioner with NVNA and Hospice, a non-profit home healthcare and hospice agency serving over 25 communities on the South Shore from Milton to Plymouth. For information call 781-659-2342 or visit www.nvna.org.

HEART SPOKEN

Waiting for an odorous tale to end

It's an odorous tale I'll be telling, one with a scentless, or at least better smelling, ending. My story begins on one of those days sandwiched between autumn and winter, neither hot nor cold outside. I'm standing in my bedroom, debating in my head what to wear.

I open up the closet to the right of my bed, the one storing my casual, not too heavy, not too light, wardrobe. A strong, pungent smell hits me so intensely that I stop back, slamming the door closed. While my senior eyes don't see quite as well as they used to see, and my senior ears don't hear quite as well as they used to hear, that sense of smell remains sharp.

I'm pretty sure I know the source of my olfactory discomfort. I've smelled it a few times over the years, in my garage and in the mudroom between the garage and my house. There's something rotten, and I'm not talking about Denmark. In a space behind the walls is likely the decaying carcass of a rodent, probably a mouse. What should I do now?

Living alone means handling problems alone, so I go into problem solving mode. First I remove all the clothes hanging across the bar, pants and sweatshirts and sweaters and skirts, dropping them into piles on every available surface. Next I clear the floor of shoeboxes and the top shelf of pocketbooks. I survey the empty space, trying not to gag in the process, and assure myself that the culprit isn't anywhere I can actually get to. That's the good news and the bad news.

After opening all of my windows, I go down to the basement to retrieve a fan, plug it into the socket, and aim it outwards, leaving my closet door fully ajar. I take an unopened box of baking soda from my kitchen, open it, and place it on the top shelf. Last, but not least, I spray an air freshener all over the room, creating a new, but not terribly pleasant, scent.

Then I make my escape, having already planned on spending the day doing errands. When I return, hours later, the situation seems better, and I lower the windows, shut the fan, and close the closet. Big mistake! While still in bed the next morning, I'm thinking the room is odor free, but that assumption is disproven the moment I crack the closet open. I go on line for more suggestions, and glean one idea, placing a bag of coffee



DIANE SNYDER

There's something rotten, and I'm not talking about Denmark. In a space behind the walls is likely the decaying carcass of a rodent, probably a mouse.

grounds in the closet. In case that's not enough, I add packets of lavender to the aromatic bouquet, resulting in an experience similar to being at the perfume counter of a department store. My nose is not happy.

A few days later I'm reading the Sunday paper and come across an article titled "There's a (dead) mouse in the house." The writer, a general contractor, answers questions on home repair issues, and by coincidence, someone has inquired about dealing with the smell of a dead rodent in the walls.

The contractor's assessment — more anxiety provoking for me, warning that it can take months for the animal to decompose, and suggesting that it may be necessary to cut open the wall to locate and remove the remains. He concludes by saying, "If it were me, I'd hire a professional."

Okay, I'll take this last piece of advice, and I phone my local exterminator. After telling my tale of woe, the voice on the other end of the line responds with a resounding, "Absolutely not! We do not recommend cutting open your walls. Just wait it out. Usually the smell is gone within a week."

So I'm waiting it out, and I'm trying to keep the situation in perspective. On a scale of one to 10, with one being the least problematic and 10 being the worst, my odorous tale only rates a one, well, maybe a two. It's not life threatening or traumatic, and it's not interrupting the course of my days.

It's been over a week now, so I could try removing the baking soda and the coffee and the packets of lavender, and try sniffing out the situation.

I could, but I won't, at least not yet. Maybe next week.

—Diane Snyder is a Hingham resident and regular columnist.

COMMENTARY

'What democracy looks like'

By Skip Jenkins

The March progressed counterclockwise along the perimeter of the Public Garden, heading south on Arlington Street toward the intersection of Comm Ave where the route would turn west. Much of the crowd was emphatically chanting "This is what Democracy looks like" as our path led us directly toward a man sitting atop a stone fence post on the corner where the two streets met. He was holding a Trump sign.

He sat quietly, respectfully, resolutely, as if he was an extension of the stone upon which he sat. Spotting him simultaneously, a stranger and I turned to each other. We

None of the marchers near me ridiculed or taunted him. His voice, shared silently through a simple sign, was respected as he had respected the opposing voices he heard and saw parade by his perch.

hadn't spoken or acknowledged each other before, but now we both said the exact same thing: "This is what democracy looks like."

None of the marchers near me ridiculed or taunted him. His voice, shared silently through a simple sign, was respected as he had respected the opposing voices he heard and saw parade by his perch. He was the only person I saw that day who explicitly showed support for the new President. In a moment I was past him, swept along by the

current of the March. I wondered if I would have had the courage to raise a lone contrary voice in a sea of more than a hundred thousand people. I regretted that I hadn't stopped and shaken his hand.

In a few blocks the March u-turned back up Comm Ave and turned right onto Arlington Street. We were greeted by the sound of bells from Arlington Street Church playing "God Bless America." Everyone stopped and sang. It wasn't lost on me that this was a song that had historically been

embraced by the right side of the country's political spectrum and been rejected by many of those on the left to too nationalist. But that didn't matter now. No one bristled at the invocation of God's name or hesitated to proudly sing, "God bless America, my home sweet home."

I thought back to the man with the sign. Maybe his courage didn't stem from him entering a sea of opposing voices. Maybe his courage was in recognizing our unity and not our differences. We were all Americans freely and peacefully expressing our opinions. Just then the chant resumed, "This is what Democracy looks like."

Skip Jenkins lives at 50 Liberty Pole Road.

LIBRARY CORNER

Save the date for Sunday Author Talk

Paul Pratt Memorial Library, 35 Ripley Road, Cohasset. Call 781-383-1348 for more information or visit our website at www.cohassetlibrary.org.

SUNDAY AUTHOR TALK DATE CHANGE: Dennis Hale, author of "The Jury in America: Triumph and

Decline" will give a talk about his book on Sunday, Feb. 19, at 4 p.m. A wine & cheese reception and book signing will follow the talk. Free admission. Seating is limited. Sunday Author Talks is sponsored by Dean & Hamilton Realtors, Goodale Insurance, and A Taste for Wine & Spirits.

MOVIE MATINEE AT THE LIBRARY: Enjoy a free, daytime movie at the library on Friday, Feb. 3, at 11 a.m. Free admission. Sandwiches are donated by Shaw's of Cohasset. Call the library for film information or visit our website at www.cohassetlibrary.org.

DOCUMENTARY FILM

UPDATE

Norfolk County register at Cohasset Elder Affairs

Continuing his efforts to bring the Registry of Deeds directly to the citizens of Norfolk County, Registrar of Deeds William P. O'Donnell appeared Jan. 18 as guest speaker at Willcutt Commons.

In addition to providing an overview of the registry, O'Donnell spent time providing an update on ongoing improvements at the registry.

"The ongoing improvements at the registry, including a state of the art computer system and a fully staffed customer service center, have allowed registry staff to work smarter and more efficiently," said O'Donnell. "The registry

has also initiated an effort to transcribe hard to read documents dating from 1793-1900. This effort will result in users being able to better comprehend these hard to read documents."

O'Donnell also spent time discussing many important consumer issues related to the registry.

"Norfolk County residents have been the recipients of direct mail solicitations offering them a certified copy of their deed for an exorbitant fee ranging anywhere from \$60 to \$83," said O'Donnell. "While legal, this deed scam is outrageous. If a consumer knew they could receive a copy of their deed from the

registry for a nominal fee of \$1 per page plus an additional \$1 per document for postage, they would never agree to pay these companies such an outrageous fee for the service."

The register discussed the advantages of signing up, free of charge, for the registry's Consumer Notification Service, which notifies a subscriber each time a land document is recorded against their name helping to prevent possible fraudulent activity against an individual's property. O'Donnell also spoke about the advantages of the Massachusetts Homestead Act.

"The Homestead Act is an important consumer

protection tool for homeowner's as the law provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000," said O'Donnell.

"I want to thank Coral Grande, director of Elder Affairs; Nancy LaFauce, assistant director and outreach coordinator; and Richard Gibbons, administrative assistant, for their help and generosity in allowing us to speak," said O'Donnell. "Cohasset Elder Affairs does an outstanding job serving and advocating on behalf of the elderly community of Cohasset."

For information: 781-461-6101; norfolkdeeds.org.

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ICE SKATING

Miracle on Ice



Silver Blades skaters with their trophy from Lake Placid. COURTESY PHOTO

Silver Blades Skating Club experience Miracle on Ice in Lake Placid

Miracles on ice continue to happen well past the 1980 Olympics in Lake Placid for local skating club, Silver Blades, during the weekend of January 6-8, at the 48th Annual Lake Placid ISI Figure Skating Championships.

In a sport usually reserved for individual success and glory, skaters of Silver Blades demonstrated how to succeed as a team by bringing home the First Place Team Trophy out of 18 clubs represented.

Fourteen skaters from Silver Blades made the trip to Lake Placid, competing in a total of 40 events over the course of the three day competition. Individually, each skater participated in anywhere from two to eight events, earning a total of 17 Gold, 7 Silver and 5 Bronze medals, but it's the team trophy that makes this group of skaters the most proud.

Club Director, Liz Shaughnessy, who coaches her daughter, Gracie, and has been making the trip for the past seven years, explains the unique aspect of competitions sanctioned

by the ISI (the Ice Skating Institute, founded in 1959). "Skaters have a unique opportunity in our rink," she said. "They can represent and participate in not only U.S. Figure Skating events but also ISI events as well. Some of our skaters may compete in U.S. Regional and Sectional competitions (a stepping stone to Nationals) while at the same time, participating in ISI competitions each season." In ISI events, each skater's own individual medal placements are assigned a point value. At the conclusion of the ISI competition, the team with the most overall points, or the highest percentage of Gold, Silver and Bronze, is awarded a Team Trophy, and in this case, Silver Blades members earned the highest percentage of Gold medals to take home the First Place Trophy as a team.

"The sport of figure skating teaches skaters wonderful life skills such as how to set short- and long-term goals, work through setbacks, persevere, and most importantly, to fall and get

back up, to build the self-confidence necessary to perform by themselves, in front of an arena of spectators and judges," Shaughnessy said. "Skills they will use for a lifetime. But ISI competitions take it one step further, teaching these same skaters how to work as part of a team... the camaraderie, good sportsmanship, sharing a common goal, supporting each other's teammates, and sharing in the success, knowing that each one of them contributed to that success. What these skaters will remember from Lake Placid this year is that they were part of the first team from Silver Blades to take home the First Place trophy, not how many individual medals they added to their collection."

With more than 400 skaters in attendance from as far south as South Carolina, it meant each Silver Blades skater had little to no room for errors in their routines. With guidance from staff coaches Kim Ryan and Leslie Ryan of Scituate, skaters from the club, ranging from 6 years to 12 years,

included Cohasset natives Gracie Shaughnessy, Shannon Grady, Lise Trullson, Hanne Trullson and Lilly Wallingford; Scituate natives Jasmine Lanata, Anna Ryan and Stella Bulman; Hingham natives Nina Crean, Shannon O'Connell, Grace Owen, and Emily Williams; Weymouth native Tess Donlan; and Norwell native Fiona Faherty.

"There's something special about getting to compete in the same arena, on the same ice, as the USA 'Miracle on Ice' hockey team in 1980," Jasmine Lanata's father John Lanata said. "Even though our skaters were too young to remember, they get it, they all know how special it is to be there. And to watch them work as a team and support each other is the best reward."

Silver Blades and the 'Skating Club of Hingham,' are based out of Bavis Arena in Rockland. For more information on skating programs offered, including group Learn to Skate and private instruction, visit the club's website www.skateclubhingham.org.

TOURNEY

From Page B1

Jan. 28 at Randolph's Zapus Arena.

On the wrestling mat, the Skippers beat Randolph 39-18 Wednesday.

In the Randolph win, which was also Senior Night, Jake Fox, Dan Varney, Joe Fox, Kevin Perrone and Grant Guempel all won by pin.

Saturday, Jan. 21, the team was at a quad.

Grant Guempel had three pins, while Tommy Olson, Vladimir Tserlov and Tyler Mulheron all had pins as well.

SKIERS

From Page B1

Jaimie Fox also finished in the top 20, coming back from a tough first run to post the eighth best time overall in the second run. Racing for the girls was Sophie Matthews (captain) and Natasha Arnold.

Matthews also placed in the top 20 for the girls, joined by two other Cohasset residents who ski for NDA, Betsy Faherty (who placed fourth overall) and Lillian Patsos. All skiers contributed to a strong Cohasset performance and the team is looking forward to a busy February, as they make up cancelled races ahead of the State final in March.

For more information, contact Sean Kennedy at 781-312-5049 or skennedy@fmciceports.com. Asiaf Arena is located at 702 Belmont Street, Brockton, MA 02301 and is a Commonwealth of Massachusetts public ice skating facility, overseen by the Department of Conservation and Recreation (DCR) and managed by FMC Ice Sports.

NOTES

From Page B1

to play 4 games of action packed full ice play using a 5-on-5 format.

For more information, contact Sean Kennedy at 781-312-5049 or skennedy@fmciceports.com.

Asiaf Arena is located at 702 Belmont Street, Brockton, MA 02301 and is a Commonwealth of Massachusetts public ice skating facility, overseen by the Department of Conservation and Recreation (DCR) and managed by FMC Ice Sports.

FAB FOUR

Week 7 Basketball Power Rankings

Scituate boys make big jump

By Chris McDaniel
CMcDaniel@wickedlocal.com

With February approaching, league title pictures and tournament contenders are starting to reveal themselves.

The boys' poll is filled with hopefulness in the Division 3 South Sectionals. If the tournament were to start today, three teams would be in that sectional alone with two just outside of qualifying.

The Scituate boys are currently one of the hottest teams around while Cohasset is rounding into shape nicely.

On the girls' side, Braintree and Hanover hold strong at the top two spots but Abington and Hingham rise from the bubble to crack the top four.

If the tournament were to start today, only the Hanover girls would have locked up a top seed but there are sectional title contenders in all four divisions.

Record as of Sunday and last week's rankings are in parenthesis.

Boys

1 Scituate (9-3, 3) — After a 3-3 start to the season, the Sailors have rattled off six consecutive wins. Currently, Scituate and Hanover are tied for first place in the Patriot League Fisher Division. Scituate won the first meeting against Hanover but the league title may come down to the rematch on Feb. 14 at Hanover.

2 Hanover (9-2, 2) — The Indians bounced back from a loss against Scituate with wins over Pembroke (71-47) and Rockland (48-47).

3 Cohasset (8-3, NR) — After dropping consecutive games against Rockland and Mashpee, the Skippers have rattled off three consecutive wins. Saturday's home game against Mashpee was a must-win if Cohasset wants to keep its South Shore League Tobin Division title hopes alive.

4 Norwell (8-2, 1) — The Clippers were dealt a surprising 46-43 loss against Carver last week. Norwell rebounded nicely with a 60-37 win against East Bridgewater on Friday. The SSL Sullivan Division title is a two-horse race between Rockland and Norwell.

On the bubble: Rockland (7-5), Silver Lake (6-4), Braintree (5-5).

Players of the week
Charlie Considine, Sr., Pembroke: Considine finished with 32 points in a 69-59 win against North Quincy on Friday.
Thatcher Stone, Soph., Cohasset: Stone matched Hull's team total with 35 points on Friday in a 69-35 win.
Jack Maguire, Jr., Abington: Maguire scored 24 points in a losing effort against Mashpee on Friday.
Abel Lopes Jr., Jr., Scituate: The captain netted 22 points in a win over Plymouth South on Friday.

Friday's game of the week — Carver at Abington, 6:30 p.m. — Abington and Carver both entered the week sitting just below the .500 mark. Although these teams are not in the league title hunt, expect a playoff-like atmosphere, as each win is a huge step closer to the tournament. When all is said and done at the end of the season, the winner of

this game could be dancing while the loser might be watching at home.

Girls

1 Braintree (8-2, 1) — The Wamps had another impressive week as they handed Wellesley its first Bay State Conference loss of the season and held Weymouth to just nine points.

2 Hanover (8-1, 2) — The Indians had a slow week as they only took the floor once — a win over Brockton. The Indians will be plenty busy in the weeks to come with 11 games in the final month of the season.

3 Abington (11-2, NR) — The Green Wave have been solid on both ends of the floor during a current four-game win streak. Abington has averaged to outscore foes 60-28 during that stretch.

4 Hingham (7-3, NR) — The Harborwomen had a strong week to get back into the top four. Hingham handed Falmouth Academy its first loss of the season and defeated Plymouth North handily on Friday (62-40). Hingham is a game behind Duxbury in the Patriot League Keenan Division standings. Those two will do battle in Duxbury on Feb. 3.

On the bubble: Rockland (9-3), Plymouth North (6-5), Cohasset (8-5), Carver (8-3), Marshfield (9-2).

Players of the week

Meaghan Raab, Sr., Hanover: Raab scored 20 of her game-high 24 points in the second half to lead the undefeated Indians (8-0) to a 62-50 non-league win over the Brockton on Jan. 17.

Sydney Kehoe, Jr., Silver Lake: Kehoe scored 11 points and pulled down 21 boards in a loss to Bridgewater-Raynham on Jan. 18.

Melanie Stewart, Sr., Scituate: Stewart scored 21 points as the Sailors defeated Rockland, 62-49, on Jan. 18. Stewart matched that total on Friday in a win over Plymouth South.

John LeVangie, Cohasset: On Jan. 22, LeVangie became the 22nd basketball coach in state history to reach 500 wins with a 35-18 win against Rockland. LeVangie has coached for over 40 years, including stops as the boys coach at Hull, Cohasset and B.C. High.

Haley Biasetti, Jr., Hingham: The point guard stuffed the stat sheet with seven points, 10 rebounds and eight assists in Friday's 62-40 win over Plymouth North.

Katie Galligan, Fr., Pembroke: The freshman had 17 points in Friday's 53-48 win over North Quincy.

Friday's game of the week — East Bridgewater at Rockland, 6:30 p.m. — The Bulldogs currently control their own destiny in the South Shore League Sullivan Division title race. Rockland has a one-game lead in the loss column over Norwell and EB.

Wins over EB and Norwell (Feb. 3) will likely secure another SSL crown for the Bulldogs.

The Fab Four Basketball Power Rankings are decided with the help of several factors: record, strength of schedule, performance against teams and margin of victory. The public schools in our coverage area include: Abington, Braintree, Carver, Cohasset, Hanover, Hingham, Marshfield, Norwell, Pembroke, Plymouth North, Plymouth South, Rockland, Scituate, Silver Lake, and Weymouth.

Send nominations for players of the week to cmcdaniel@wickedlocal.com or reach him on Twitter @ChrisMcDaniel88.

LESSONS

From Page B1

that line had been rebuilt. Kyle Ferreira came back from injury. They had played together last year and they're really clicking as a group, moving the puck well. That extra pass set up an easy goal, a nice goal-mouth opportunity. They just tip it in."

Mahoney enjoyed the field trip.

"The kids picked up some real good tips from watching at that level," Mahoney said. "Simple tips that are easy for offense or defense. Take the puck well and drive to the net. Defensively cancel your man, take him out of the play. If you do that it takes you into your offense or out of your defensive zone."

Cohasset got two goals from Ryan Losordo, and single tallies from Joe Campedelli, Aidan McHugh, Michael Cohen and Jack Fitzpatrick.

Thomas Durkin, Michael McKelvey (2), Jimmy Farren, Lund, Ferreira and Cam Joslin each had assists.

In their latest game, which turned into a thrilling South Shore League matchup, the Skippers overcame a two-goal deficit in the third period to tie Rockland 2-2.

The Bulldogs scored solo goals in the first and second periods to take a 2-0 lead into the final frame.

The Skipper comeback began with Farren, a senior captain, finding the back of the net to cut the lead in half. Classmate and fellow captain Joe Campedelli and

sophomore Conor Joslin assisted.

The score remained 2-1 and with 1:45 left in the game, the Skippers called a timeout.

"They pulled their goalie to add the extra attacker and started to apply pressure to the Rockland goal."

With five seconds on the clock, senior captain Michael Cohen scored the tying goal to complete the comeback. Campedelli and senior captain Aidan McHugh assisted.

"I loved the effort and refusal to quit tonight," Mahoney said. "Lots of teams would have rolled over against an opponent like Rockland. These guys kept coming and wouldn't stop. The desire and character shown was outstanding."



A surprise cake to congratulate Coach LeVangie on his 500th win is presented after the girls game on Friday, Jan. 20, 2017. WICKED LOCAL STAFF PHOTO/ALYSSA STONE

WEEK

From Page B1

Skippers hosted to the Hull Lady Pirates. Prior to the start of the game Lady Skippers girls basketball Head Coach John LeVangie was honored for his 500th career victory.

LeVangie won No. 500 Tuesday Jan. 17 with a victory at Randolph.

In the Hull victory, junior Zoe Doherty led the way with 18 points.

Freshmen Molly Greer had 9 points and junior Lauren Cunningham had 9 points as the Lady Skippers cruised to a 47-17 victory over the Lady Pirates.

The Lady Skippers hosted the Carver Lady Crusaders on Tuesday January 24 in a 6:30 p.m. start.

That game went well as freshman Bella Farren had 11 points and 10 rebounds Tuesday as the girls edged Carver, 46-44, at home in a South Shore League showdown.

Junior Zoe Doherty added 10 points for the Skippers who improved to 10-5, 5-4 SSL.

The Lady Skippers will travel to Mashpee on Friday January 27 in a 5:30 p.m. start and will host the Norwell Lady Clippers on Tuesday January 31 in a 6:30 p.m. start.



Cohasset girls varsity basketball coach John LeVangie is smiles and waves as he is surprised by former players and colleagues who came to celebrate his 500th game Tuesday, Jan. 17, 2017. WICKED LOCAL STAFF PHOTO/ALYSSA STONE



Molly Greer sprints down the court dribbling the ball as Cohasset beat Carver 46-44 at Cohasset High on Jan. 25, 2017. WICKED LOCAL STAFF PHOTO/ALYSSA STONE

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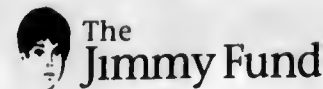
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WICKED LOCAL

COHASSET REC

New indoor cycling classes offered

Indoor Cycling at Cohasset Recreation has begun! There are 15 bikes, a new sound system and three great instructors. Where is it? It's at the Cohasset Recreation Center — which some may know as the old "Teen Garage" directly behind the Red Lion at 55R South Main St. Register for all remaining sessions or just one class at a time, now through March: cohassetrec.com.

Class is offered three times per week: Sunday, Monday and Thursday. Bringing a water bottle and small towel to class is highly recommended.

■ 8:30 to 9:30 a.m. Sunday with Carol Smith
■ 5:30 to 6:30 a.m. Monday with Jen Schmidt
■ 6 to 7 a.m. Thursday with Chrissie Dahlstrom

Please note that the Indoor Cycling schedule in the Cohasset Recreation brochure has been updated since it went to press. The classes listed above are the current classes, with potential for more to be added as demand increases.

"Spinning is great for someone just starting to work out, you control the resistance on the bike, no one is watching you. You set your own pace," says Monday morning's instructor, Jen Schmidt. "For the experienced athlete and those training for upcoming marathons - spinning will build your leg muscles and cardio. The sprints we do will give you the power to push around the runner/biker ahead of you."

Schmidt has been a certified spin instructor for over 14 years and currently teaches at Scituate Racquet. She admits that she is very picky about bike set up, form and warming up. All with a focus on safety first — a sentiment shared by all three



From left are two of the three new Indoor Cycling instructors at Cohasset Recreation: Chrissie Dahlstrom and Jen Schmidt. COURTESY PHOTO

instructors.

Chrissie Dahlstrom taught spinning for years before taking a break to focus on her young children. She was re-certified last spring. Her name may be recognizable to some as a staff member at Cohasset Town Hall.

"Spinning is much easier on your body than a lot of other forms of cardio. For example, your body isn't absorbing the shock of running on the pavement," says Dahlstrom. "You burn a ton of calories and if you love to eat junk food like I do, that's a massive bonus!"

Although the weekday classes are early, this is by design. It gives everyone a chance to get their exercise done for the day and still have time to commute to work or get young ones off to the school bus. As the weeks

progress so will each class, with more challenges added every session. Starting the series in the first week or two early allows everyone a base on which to build.

Carol Smith comes to Cohasset Recreation after teaching for more than 14 years at Hingham. "I encourage everyone to come, join the fun," says Smith. "Plan to get on the bike and prepare to get out of your comfort zone. That's where life begins."

Indoor cycling is a great way to improve cardiovascular health while also burning calories with a full body and low impact workout. With a fee of only \$10 for drop ins, how can afford to not give Cohasset Recreation's new Indoor Cycling classes a spin? cohassetrec.com

PROJECT 351 AMBASSADORS

Cohasset eighth-grader in year of service

Eighth-grader Devin Tulio of Cohasset joined more than 250 other young leaders from across the Commonwealth in a statewide, youth-led service initiative.

Martin Luther King Day kicked off their transformative year of service as Project 351 Ambassadors; annually convened by the Governor of Massachusetts and hosted by John Hancock, the day unites Project 351's new Class of Ambassadors for the first time and honors the legacy of Dr. Martin Luther King, Jr. with a full day of team-based service across Boston.

The day kicks off a year of service and leadership development for the



Eighth-grader Devin Tulio is a member of this group of Project 351 Ambassadors. COURTESY PHOTO

Ambassadors. Ambassadors are selected by local educators to represent Massachusetts' 351 cities and towns in Project 351, a statewide, youth-driven service organization that

convenes an eighth-grader from every city and town in Massachusetts for a transformative year of development, enrichment, and impact through unique service opportunities.

SAVE THE DATE

Rudolph Adamo, Buttonwood Books welcome author

The Rudolph Adamo Salon and Buttonwood Books and Toys welcome author Jeff Giles to the salon, 114 Front St., Scituate, on Sat., Feb. 4, at 6 p.m. Giles will be reading from and signing his debut young adult novel, "The Edge of Everything."

Author James Dashner wrote "Every human alive should read this book" and Cassandra Clare, bestselling author of "The Mortal Instruments" series, remarked "sharp, dark, thoughtful and romantic, readers will thrill to the start of this exciting new series."

Giles grew up in Cohasset. He currently lives in Montana. Most recently, he was the deputy managing editor of Entertainment Weekly, where he oversaw all coverage of movies and books, including the magazine's championing of young adult fiction. Giles has written for Rolling Stone and The New York Times Book Review.

If you are unable to attend and would like to order a signed copy, call Buttonwood at 781-383-2665 or online at: buttonwoodbooksandtoys.com



Jeff Giles will be reading from and signing his debut young adult novel, "The Edge of Everything". COURTESY PHOTO

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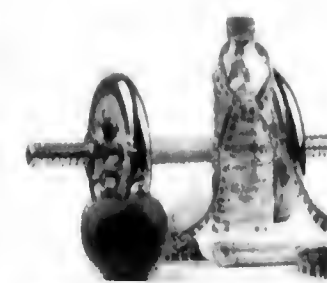


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HEALTHYLIVING

A BETTER YOU THROUGH BETTER LIVING 2017

NUTRITION

Top 10 trends for 2017

Whole Foods Market's global buyers forecast popular flavors, ingredients

By Beth Doyle
bdoyle@wicklocal.com

Want to know what to look for on the shelves of your favorite grocery store this year?

Whole Foods Market's global buyers and experts recently identified the trends to watch in 2017.

"Thinking about trends and acting on trends are something that our global experts do all year long," Molly Siegler, food editor for Whole Foods Market, said.

Richly colored purple foods, coconut products and wellness tonics are just a few top predictions according to the trend-spotters, who share more than 100 years of combined experience in sourcing products and tracking consumer preferences.

Whole Foods Market's top 10 trends for 2017 include:

1. Wellness tonics: This is an ongoing trend that's been seen mainly in cafes or juice bars where you can get a wellness tonic or wellness shots added to your smoothie or juice, Siegler said.

But this year the focus will be on bringing it into your home. Look for products that include beneficial botanicals and have roots in alternative medicine and

global traditions.

2. Products from byproducts: "This trend definitely plays on our core values as a company," Siegler said.

Whether it's leftover whey from strained Greek yogurt or spent grains from beer, food producers are finding innovative — and delicious — ways to give byproducts new life.

"Our experts are impressed with the quality of products made from byproducts, such as Fabanise, a vegan mayo that repurposes leftover liquid from cooking chickpeas," she said.

3. Coconut everything: "Coconut oil has been on our radar for a while and has been a big trend for the past few years," Siegler said. "Now it's not only oil or water you'll see, but producers are using the meat to make chips and the coconut aminos to make sauces that can replace soy sauce or fish sauce."

Virtually every component of this versatile fruit-nut-seed (coconuts qualify for all three!) is being used in new applications, Whole Foods experts said. The sap is turned into coconut sugar as an alternative to refined sweeteners; the oil is used in a growing list of natural beauty products; and the white flesh of the coconut is now in flours, tor-

tillas, chips, ice creams, butters and more.

4. Japanese food beyond sushi: "The last couple of years we've seen a lot of obsession with sushi," Siegler said. "It has opened up a broader interest in Japanese food."

Numerous interesting products support this trend, Siegler said, noting the 365 Everyday Value sweet, wasabi-based mustard called Sweet Sabi. Other foods normally limited to restaurant menus, like miso, ponzu, kelp, wakame, dulce and nori, will now be found in American kitchens.

The experts say this trend will also impact breakfast and dessert.

5. Creative condiments: "This is one we love because it's a nice way to experiment," Siegler said. "You can start to add in condiments like Harissa paste. One of my favorites is a pomegranate molasses."

The experts say to look for black sesame tahini, habanero jam, ghee, beet salsa and much more.

6. Rethinking pasta: Today's pastas are influenced less by Italian grandmothers and more by popular plant-based and clean-eating movements, the experts said. Alternative grain noodles made from quinoa,

lentils and chickpeas are quickly becoming favorites, while grain-free options like spiralized zucchini noodles and squash noodles will also start to expand, Siegler said.

7. Purple power: Richly colored purple foods are popping up everywhere: purple cauliflower, black rice, purple asparagus, elderberries, acai, purple sweet potatoes, purple corn and cereal.

"One of the reasons we really like this, it's a beautiful color, but it also has good potential health benefits," Siegler said.

8. On-the-go beauty: With multitasking ingredients and simple applications, natural beauty brands are blurring the line between skincare and makeup products, and simplifying routines by eliminating the need for special brushes or tools.

9. Flexitarian: "What we're seeing are people who are not just exploring all diets but sort of basing their eating on how they feel," Siegler said.

For instance, consumers might choose to eat vegan before 6 p.m., or paleo five days a week, or gluten-free whenever possible. Instead of a strict identity aligned with one diet, shoppers embrace the "flexitarian" ap-



Richly colored purple foods, like organic red chard, will be popping up everywhere in 2017. PHOTO COURTESY OF WHOLE FOODS MARKET

proach to making conscious choices about what, when and how much to eat.

10. Mindful meal prep: "Mindful meal prep is being more mindful in general about the way you approach making your meals for the week," Siegler explained. "This could include batch cooking, making a bunch of grains or roasting a bunch of veggies for the week."

Or it could be what the experts call the "make some/buy some" approach: Supplementing what you make at home with a prepared food — like a package of freshly chopped vegetables — instead of grabbing take-out when you're crunched for time.

In order to raise consumers' awareness of these new trends and products, Whole Foods Markets will be adding small signs in their stores to point them out and make them a little more accessible, Siegler said.

You can find Whole Foods Markets at 35 Pleasant St., South Weymouth; 94 Derby St. (Derby Street Shoppes), Hingham; and 990 Lynnough Road, Hyannis.

Another resource to investigate is The Whole Story, Whole Foods' blog, which will address one trend in detail each month. You can find The Whole Story at wholefoodsmarket.com/blog.

DUMP the SLUMP

Tips to avoid, overcome afternoon sluggishness



PHOTO/PIXABAY.COM

By Melissa Erickson
More Content Now

No matter how bright-eyed and productive you start the morning, a mid-afternoon slump can zap your energy and leave you feeling like you're dragging through the remainder of the day.

People at work or school, taking care of kids or grandchildren don't have the option to head back to bed. Instead there are ways to restore your energy and tips to keep it up in the first place, said Shawn Stevenson, author of "Sleep

Smarter" and host of the fitness and nutrition podcast "The Model Health Show." "Basically, there are three components to the afternoon slump: hormonal rhythm, blood sugar and good sleep," Stevenson said.

Stay in (hormonal) rhythm

"Your circadian clock is just as real as the clock on your phone," Stevenson said.

Your levels of sleepiness and awareness vary throughout the day and depend on how your levels of the hormone cortisol rise and fall.

"The rhythm goes in waves. As cortisol levels take a dive, you'll start to wind down. The good news is that after a short lull, they'll begin to pick up again," Stevenson said.

Stress also affects cortisol levels, depleting them and leaving you feeling tired. Taking a few minutes for a break — to stretch, clean your desk or make a friendly phone call — can help reduce stress and boost energy. A short five- to 10-minute power nap will help revive your energy levels, but it's better to focus on getting good sleep every night, Stevenson said.

Watch your blood sugar "Managing your blood sugar is not just about diabetes. Blood sugar determines how you feel and your level of energy," Stevenson said.

Avoid pastas, sandwiches and other foods heavy in carbs and sugars, which can cause a spike in blood-sugar levels and give a short and empty energy boost. Instead, opt for higher-quality fats and proteins (avocados, olives, salmon) and non-starchy vegetables and greens.

Get good sleep

A recommended seven to eight hours of sleep benefits many but not all people.

"Some people will sleep eight hours and still feel sleepy. To sleep smarter, limit your exposure to blue light from screens for at least two hours before bed. Exposure to blue light suppresses melatonin," which helps control sleep-wake cycles, Stevenson said. Without proper levels of melatonin, "your brain won't cycle through good sleep and your body won't recharge," he said.

"Morning exercisers not only lower their blood pressure by about

25 percent but also get the deepest sleep and have more efficient sleep cycles, according to a study by Appalachian State University,"

Shawn Stevenson, author

Another tip is to exercise earlier in the day.

"Morning exercisers not only lower their blood pressure by about 25 percent but also get the deepest sleep and have more efficient sleep cycles, according to a study by Appalachian State University," Stevenson said.

Both women and men need testosterone, "which is directly linked to how much sleep we get," Stevenson said. Low levels of testosterone will not allow your body to fight off the afternoon slump.



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Winter ARTS PREVIEW

WINTER WONDERLAND

Neither snow nor rain, sleet or even the New England Patriots' upcoming Super Bowl appearance in Houston can keep us from enjoying Boston's uniquely diverse array of concerts, theater, museums and more. Here are just a few ways to enjoy the many offerings of our area's arts community.

— Nancy Olesin

JANUARY

Nora and Torvald Helmer are living their dream life when Nora risks her reputation to save her husband's life in the Huntington Theatre's Company's updated version of Henrik Ibsen's classic **"A Doll's House"** to the BU Theatre, through Feb. 5. 617-266-0800; www.huntingtontheatre.org

Nora Theatre Company presents Alan Ayckbourn's **"Intimate Exchanges,"** which follows marriages and love affairs in a London suburb. At intermission, you can vote on how you want the play to end. At Central Square Theater, through Feb. 12. 617-576-9278, ext. 1; CentralSquareTheater.org

Drawn from dozens of interviews, **"Trans Scripts, Part I: The Women"** uses the words of real women to shed light on the rich and diverse experiences within the transgender community. The American Repertory Theater brings this moving, humorous and timely work, recommended for grades 10 and up, to the Loeb Drama Center in Cambridge through Feb. 5. 617-547-8300; americanrepertorytheater.org

Now through March 25, **"The Newest Romantics"** at the New Art Center in Newton features artists working with photographic imagery and objects depicting botanical still lifes. 617-964-3424; www.newartcenter.org

Danforth Art unexpectedly had to relocate so its collection has gone on the road. **"Figuration in American Art: Selections from the Danforth Art Permanent Collection at North Hill"** at this senior community in Needham will be on view through January 2018. **"Color and Line: Expressive Traditions in Boston"** is at Endicott College in Beverly through March 16. And **"Found in Collection: Contemporary Photography from the Danforth Art Permanent Collection"** is at the Griffin Museum of Photography in Winchester March 9-March 26. 508-620-0050; danforthmuseum.org

Boston College's **McMullen Museum** presents a groundbreaking retrospective of Cuban-born painter Rafael Soriano Jan. 30-June 4. 617-552-8587; art-museum@bc.edu

With some of the most memorable songs in theater, life is a **"Cabaret"** at the infamous Kit Kat Club during late Weimar Germany as clouds of war are gathering when Broadway in Boston brings the Tony-winning musical to town, Jan. 31-Feb. 12, as part of Roundabout Theatre Company's 50th anniversary season. 800-982-2787; www.BroadwayIn-Boston.com



ABOVE
"Circus 1903 - The Golden Age of Circus" is at the Boch Center Wang Theatre, March 8-12. COURTESY PHOTO/JOSE LEON PHOTOGRAPHY

LEFT The McMullen presents a retrospective of Cuban-born artist Rafael Soriano Jan. 30-June 4. COURTESY PHOTO/ MCMULLEN MUSEUM

FEBRUARY

Celebrity Series of Boston brings the **Berlin Philharmonic Wind Quintet** to NEC's Jordan Hall in Boston Feb. 3 for the Boston premiere of a new work by Kalevi Aho, composed in 2015 for the quintet. 617-482-6661; www.celebrityseries.org

"Star Trek's" Mr. Sulu, **George Takei**, has become the voice of reason on the Internet. Now see him live — as well as a screening of **"The Wrath of Khan"** — on stage at the Boch Center Wang Theatre, Friday, Feb. 3, where he'll tell humorous behind-the-scenes stories and answer audience questions. 800-982-3000; Bochcenter.org

Frequent guest **Emmanuel Ax** joins the Boston Symphony Orchestra and conductor Andris Nelsons for Beethoven's youthful Piano Concerto No. 2, and Berlioz's **"Symphonie Fantastique"** in a single sweet performance Feb. 14. 617-266-1200; bso.org

On Valentine's Day, the Museum of Fine Arts, Boston opens a new exhibit that traces the tradition of finding design inspiration from the past. **"Past is Present: Revival Jewelry"** runs through Aug. 19. 617-267-9300; www.mfa.org

What would you do if your beloved teacher suddenly disappeared and was replaced by a homework-loving recess-cancelling

The New England Boat Show. COURTESY PHOTO/FAIFOTO/

substitute? Based on the popular children's book, **"Miss Nelson Is Missing"** will delight youngsters and adults alike when it is performed by Boston Children's Theatre at the Calderwood Pavilion at the Boston Center for the Arts Feb. 4-25. 617-424-6634; bostonchildrenstheatre.org

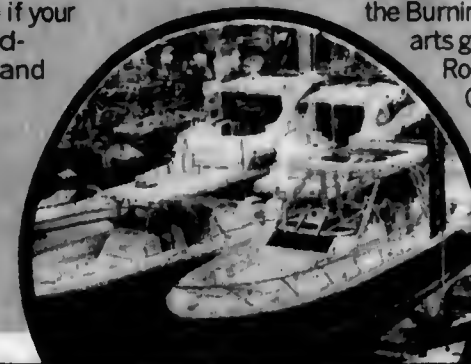
At the New Rep in Watertown Feb. 4-March 5, **"Brecht on Brecht"** celebrates one of the 20th century's greatest dramatists with a revue of his life's work. 617-923-8487; newrep.org

Curious George is such a popular little monkey that Boston Children's Theatre is putting on **"Curious George and the Golden Meerkat"** in two different theaters: Feb. 8-26 at the Regent Theatre in Arlington and March 4-19 at the Larcum Theatre in Beverly. 617-424-6634; bostonchildrenstheatre.org

Corneil Lewis Black brings his "Rant, White & Blue" show to Boston's Shubert Theatre Feb. 10-11. 800-982-2787; bochcenter.org

"Playa Made: The Jewelry of Burning Man," features jewelry made for or during the Burning Man Festival, an annual arts gathering in Nevada's Black Rock Desert. At the Fuller Craft Museum in Brockton, Feb. 11-June 4. 508-588-6000; fullercraft.org

The New England Boat Show sails into the Boston



Convention Center Feb. 11-19, with speakers, model boats and more. 617-472-1442; www.newenglandboatshow.com

A girl tells the story of her life in a small-town orphanage and her desire to be free in **"Natasha's Dream,"** performed by the Arlekin Players and presented by the New Repertory Theatre at the Mosesian Center for the Arts in Watertown, Feb. 14, 20 and 21. 617-923-8487; newrep.org

"New Acquisitions," shows the expansive growth of the ICA's collection, and **"Steve McQueen: Ashes"** is a standout video installation by the artist and filmmaker from the 2015 Venice Biennale. Both are at the Institute of Contemporary Art Feb. 15-25. 617-478-3100; www.ica-boston.org

Ike Holter's **"Exit Strategy"** is the story of the desperate final days of a condemned, crumbling Chicago public school dreading its deadline with the bulldozer. Zeitgeist Stage Company performs this satirical comedy/drama about the future of public education Feb. 17-March 11 at the Boston Center for the Arts. 617-933-8600; www.bostontheatrescene.com; www.zeitgeist-stage.com

How far will we run to escape our demons? Tennessee Williams' poetic 1961 drama **"The Night of the Iguana"** portrays a group of troubled travelers seeking



"The Curious Incident of the Dog in the Night-time" COURTESY PHOTO/JOAN MARCUS

Based on the hit animated TV series on Nickelodeon, **"PAW Patrol Live! Race to the Rescue"** brings the popular pups to the stage for an action-packed musical adventure at the Wang Theatre, March 18-19. 800-982-3000; Bochcenter.org. The show is also at the Hanover Theatre in Worcester March 8. 877-571-7469; www.thehanover-theatre.org

shelter from a storm on the edge of the Mexican jungle. See it at the American Repertory Theatre's Loeb Drama Center Feb. 18-March 18. 617-547-8300; americanrepertorytheatre.org

"WOW: World of Wearable Art" is the right fit at the Peabody Essex Museum in Salem, Feb. 18-June 11. This traveling exhibition presents 32 of the annual clothing competition's most spectacular and outlandish award-winning ensembles. 978-745-9500; pem.org

"Beatlemania," at the Reagle Music Theatre of Greater Boston Feb. 19, recreates the '60s sounds of the Fab Four. 781-891-5600; www.reaglemusictheatre.com

First performed in 1593 and often considered Shakespeare's masterpiece, the weak king of England immediately runs into trouble for bringing his male lover, hated by the nobles, out of exile in **"Edward II."** Somerville-based Actors' Shakespeare Project's production, starring Maurice Emmanuel Parent as Edward II, is at the Charlestown Working Theatre, Feb. 22-March 19. 617-776-2200; www.actorsshakespeareproject.org

Art imitates life and life imitates art in **"Stage Kiss,"** at the Lyric Stage Company of Boston, Feb. 24-March 26, when two squabbling long-lost lovers are cast in a play as long-lost lovers and quickly lose touch with reality. 617-585-5685; lyricstage.com

A mesmerizing theatrical work, **"Octavia E. Butler's Parable of the Sower"** is a concert performance featuring 20 artists on stage singing 30 powerful songs drawn from 200 years of African-American song traditions to give musical life to Butler's acclaimed science fiction novel of the same name. At Emerson Paramount Center, March 23-26. 617-824-8400; artsemerson.org

CONTINUED ON PAGE B8

THE TONY-WINNING BROADWAY PHENOMENON

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BROADWAY

MARCH (FROM PAGE B7)

Get ready to laugh and "Spend the Night with Billy Crystal" at the Wang Theatre March 24, 800-982-3000; Bochcenter.org

Connecticut artist Ellen Schiffman decided to fill a shadow box each week with a different fiber work and the result is "Ellen Schiffman: The 52 Box Project," at the Fuller Craft Museum March 25-July 30, 508-588-6000; fullercenter.org

Featuring Newton actress Bobbie Steinbach, "Gilda's Balcony," at the New Repertory Theatre in Watertown, March 25-April 16, follows Gilda Mer from her humble beginnings to her meteoric rise to one of the

APRIL

Experience the percussive dance and music of the Argentine dance company **Che Malambo** April 1 at the Shubert, 617-482-6661; www.celebrityseries.org

In Underground Railway Theater's "Paradise," a Muslim-American teenager meets with her teacher, a mysterious scientist forced to teach high school biology, creating an unlikely inspired partnership investigating adolescent romantic love. At Central Square Theater, Cambridge April 6-May 7, 617-576-9278 ext. 1; CentralSquareTheater.org

A viciously funny new take on family drama arrives at the Lyric Stage with "Barbecue." The O'Malley family is ready for trouble when they bring a Taser along when they gather at a local park to share a meal and set their sister straight. April 7-May 7, 617-585-5685; lyricstage.com

Moonbox Productions presents a dazzling musical about circus legend PT Barnum and his dream to create "The Greatest Show on Earth," April 8-30, at the Boston Center for the Arts, 617-933-8600; www.bostontheatrescene.com

"Matise in the Studio," running April 9-July 9 at the Museum of Fine Arts, Boston examines the importance of the artist's personal collection of objects on his creative process, 617-267-9300; www.mfa.org

Set in 1860s Bangkok, "The King and I" musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and an English schoolteacher. Broadway in Boston brings this Rodgers & Hammerstein musical to the Boston Opera House April 11-23, 800-982-2787; www.BroadwayInBoston.com

Boston Children's Theatre turns to adult material with the emotionally charged drama "One Flew Over the Cuckoo's Nest." Recommended for ages 13 and older.

—Contact arts & entertainment editor Nancy Olesin at 508-626-4446 or nlesin@wickedlocal.com. Follow her on Twitter @WickedLocalArts, or like our Wicked Local Arts Facebook page.

world's first elected female heads of state and one of the most influential women in Jewish history, 617-923-8487; newrep.org

The spellbinding, high-flying Broadway musical "Pippin" marches into the Hanover Theatre in Worcester March 30-April 2, 877-571-7469; www.thehanovertheatre.org



See Argentine dance company **Che Malambo**. COURTESY PHOTO/EM WATSON

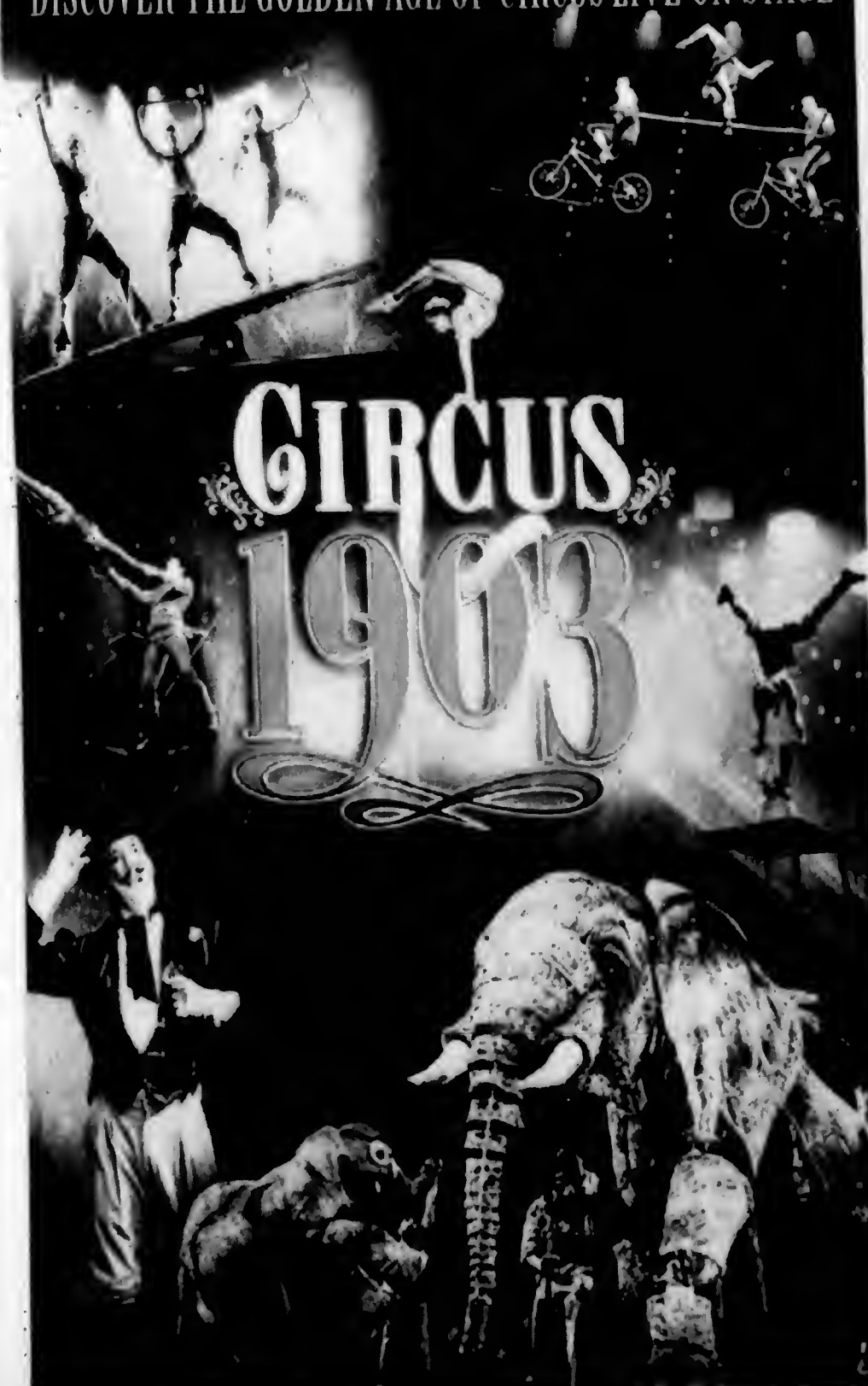
it features pre-professional training students from the company's New England Theatre-Works program, April 15-30, 617-424-6634; bostonchildrenstheatre.org

A one-man saga starring Thaddeus Phillips, "17 Border Crossings," at Arts Emerson's Paramount Theatre, April 19-29, unpacks a surreal journey that uses the mundane to transport us to very real places: Hungary, Serbia, Morocco, Colombia, Holland, Mexico and more, 617-824-8400; artsemerson.org

Tony Kushner's warm Invocation of hope, "Homebody," lands at Central Square Theater in Cambridge April 20-May 7, starring Underground Railway's artistic director Debra Wise. She's the eccentric agoraphobic housewife who, with only an outdated guidebook of Kabul, grapples with the rich and turbulent history of Afghanistan and the Middle East as she confides her desire to divorce herself from the safe life in London, 617-576-9278 ext. 1; CentralSquareTheater.org

In a Boston premiere, "The Gift Horse" by acclaimed playwright Lydia Diamond, we meet Ruth, a successful teacher and artist, who confronts her painful and tumultuous past with the help of her therapist. At the New Rep in Watertown, April 22-May 14, 617-923-8487; newrep.org

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Friday, January 27, 2017

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B9

COHASSET POLICE/FIRE LOG

The following are excerpts from the Cohasset Police/Fire Log, which is public record and available for review.

Monday, Jan. 16

2:46 p.m.: A caller asked for a well being check on his mother at Cohasset Housing for the Elderly on Elm Street. He was concerned because she had not answered him, and she usually tells him when she's going out. An officer reported the party was fine.

4:21 p.m.: A caller reported kids on the ice on Cushing Road at Oak Street that they were concerned was too thin. The parties were gone on police arrival.

6:06 p.m.: Fire personnel assisted the Water Department on Smith Place. There was water in the basement and no residents home. National Grid was notified and shut off power. The Water Department shut off the water.

8:42 p.m.: An alarm was reported at the U.S. Post Office on Ripley Road. Police reported the area appeared secure.

Tuesday, Jan. 17

1:34 a.m.: A suspicious vehicle was reported on Doane Street. The party checked out and was on his way.

7:25 a.m.: An erratic motor vehicle operator was reported near Cohasset Junior/Senior High School on Pond Street, reportedly going through bus lights. The vehicle was gone on police arrival.

9:28 a.m.: A dumpster fire was reported on Old Coach Road. Fire personnel reported a dumpster full of construction material on heavy fire and notified Aquan that a hydrant would be opened. The fire was knocked down.

12:01 p.m.: A resident on Jerusalem Road reported that he was having an issue with his neighbor. He stated that he was currently away but was looking at security cameras on his phone and saw three people on his property. Police spoke to landscapers who were working behind the residence, and they stated they were the only ones on scene besides house cleaners who had left earlier. Police secured the house and surrounding area.

12:30 p.m.: A smoke alarm was reported on Jerusalem Road. Fire personnel reported it was accidental due to food on the stove.

1:39 p.m.: A residential alarm was reported on Bay View Drive. Cleaning people were on scene.

2:35 p.m.: A customer reported two male parties at Walgreens on Chief Justice Cushing Highway trying to get percoct. Police spoke with pharmacy staff, who reported no issues and stated there was an incorrect date on the prescription. The prescribing doctor was on scene and fixed the issue with the prescription.

4:56 p.m.: A fire alarm was reported on Avalon Drive. Personnel reported no smoke of fire. A faulty detector was located on the third floor.

5:10 p.m.: A caller reported two vehicles parked at the end of his driveway on Atlantic Avenue. Police reported one of the vehicles was disabled and the other belonged to the same owner. AAA was on scene, and the vehicle was towed.

9:41 p.m.: A caller reported a white sedan driving on the wrong side of the road on Forest Avenue at Jerusalem Road. Police were unable to locate the vehicle.



TRAFFIC SAFETY TIP OF THE WEEK: Inattention, or driving while distracted, remains a common cause of crashes. They are avoidable. This driver swerved off the road into the tree to avoid rear-ending a car that was stopped ahead of waiting to make a left turn. The driver and passenger were injured in this crash. COURTESY PHOTO

Wednesday, Jan. 18

12:56 a.m.: A fire alarm was reported at a residence on Linden Drive. The reporting party said there was no smoke or fire but she could not get the alarm to stop.

7:32 a.m.: A commercial alarm was reported at Sullivan, Garity and Donnelly Insurance Agency on Depot Court. The alarm company reported a good passcode.

9:50 a.m.: A residential alarm was reported on Cedar Street. Police reported it was accidentally set off by a real estate broker.

10:52 a.m.: A caller reported an oven smoking badly on Nichols Road. Fire personnel responded, ventilated the kitchen and shut off power to the oven.

11:33 a.m.: A motor vehicle complaint was made involving a trailer truck blocking a crosswalk on Pond Street. The owner stated they would move it shortly.

4:34 p.m.: A caller reported a male party in a red Lincoln at Stop and Shop Gas Station on Chief Justice Cushing Highway while pumping his gas. Police reported a disagreement between the clerk and the customer.

6:53 p.m.: An erratic motor vehicle was reported near Starbuck's on Chief Justice Cushing Highway. The caller reported seeing the male party in a dark-colored sedan in the drive-through take a drink from a tall can. Police were unable to locate the vehicle.

6:20 p.m.: A caller requested a well being check on his mother on Forest Avenue because he was unable to get a hold of her. Police reported no answer at the front door but the door unlocked. The party was fine and would call her son.

9:10 p.m.: A caller reported two vehicles parked at the end of his driveway on Atlantic Avenue. Police reported one of the vehicles was disabled and the other belonged to the same owner. AAA was on scene, and the vehicle was towed.

9:41 p.m.: A caller reported a white sedan driving on the wrong side of the road on Forest Avenue at Jerusalem Road. Police were unable to locate the vehicle.

12:57 p.m.: Animal control responded to Osgood School on Sohler Street for a report of a coyote running around in the area. The animal was gone on arrival.

2:23 p.m.: A residential alarm was reported on Schofield Road. Police reported the

building appeared secure.

2:48 p.m.: A residential alarm was reported on Forest Avenue. The alarm company reported it was accidental by the homeowner, and police reported the house was secure.

7:37 p.m.: A caller reported multiple cars parked on South Main Street when no one was supposed to be there. A police search of the area was negative.

9:01 p.m.: Fire personnel responded to a motor vehicle accident on Gannett Road in Scituate where a car had hit a tree.

10:37 p.m.: A caller reported almost being hit by a drunk driver in a dark blue pickup truck on Little Harbor Road. The driver had parked and went inside a residence. Police spoke with the resident, and there were no issues.

11:55 p.m.: A two-car motor vehicle accident was reported near the MBOR crossing on North Main Street. No injuries were reported.

Saturday, Jan. 21

12:03 a.m.: A walk-in reported that she had a mirror-to-mirror motor vehicle accident with a vehicle parked on South Main Street. An officer did a report on the accident and notified the resident.

6:40 a.m.: A hit deer was reported on Beechwood Street on private property. A message was left for deer removal.

10:01 a.m.: An employee at Mobile on Chief Justice

Cushing Highway reported that she had a mirror-to-mirror motor vehicle accident with a vehicle parked on South Main Street. An officer did a report on the accident and notified the resident.

6:40 a.m.: A hit deer was reported on Beechwood Street on private property. A message was left for deer removal.

10:01 a.m.: An employee at Mobile on Chief Justice

Cushing Highway reported that she had a mirror-to-mirror motor vehicle accident with a vehicle parked on South Main Street. An officer did a report on the accident and notified the resident.

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Cushing Highway reported that she had a mirror-to-mirror motor vehicle accident with a vehicle parked on South Main Street. An officer did a report on the accident and notified the resident.

Cushing Highway reported they were refusing to pay him. An officer reported it was a current employee who was upset his check was not delivered. He went back to work.

Sunday, Jan. 22

12:43 p.m.: A caller reported a male party strung out on drugs inside Dunkin' Donuts on 3A. The caller stated the party was at the door greeting everyone but could barely talk. The party was reportedly sweating and walking around, walked out of Fiori's Gulf and got into a car, then sat next to the car. The party was transported to South Shore Hospital.

1:37 p.m.: A caller reported a possibly rabid raccoon in her yard on Grace Drive. She had put a blue container with a rock on it. The animal control officer was notified, the animal was not safe for officers to handle in its current location.

1:51 p.m.: A medical alarm was reported at Cohasset Junior/Senior High School on Pond Street from an opened AED door. Police reported no medical issues and a possible battery issue with the AED cabinet near the gymnasium.

2:33 p.m.: A residential alarm was reported on North Main Street. Police found an unsecured rear door and checked and secured the house.

2:49 p.m.: A caller reported hearing gunshots in the area of Aaron River Road but did not believe it was coming from the gun club.

2:50 p.m.: Smoke alarms were reported on Forest Avenue. The homeowner stated that the shower set off the alarms, and fire personnel confirmed.

5:21 p.m.: A caller on Parker Avenue requested to speak to an officer about a harassment incident that had happened Friday.

Monday, Jan. 23

5:42 a.m.: A commercial fire alarm was reported at Fiori's Gulf Service Station on Chief Justice Cushing Highway. Fire personnel reported the ventilation alarm went off and they would be ventilating and resetting. Personnel were unable to reset the alarm.

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Legal Notices

BRYANT ESTATE
LEGAL NOTICE
Commonwealth of
Massachusetts

The Trial Court
Probate and Family
Court
Norfolk Probate and
Family Court
35 Shawmut Road
Canton, MA 02021
(781)830-1200

Docket No.
NO17P0081EA

CITATION ON PETITION
FOR FORMAL
ADJUDICATION

Estate of: Jack D Bryant

Date of Death: 12/20/16

To all interested persons:

BUSINESS

Big changes in store at the Hanover Mall

New owners discuss possibly tearing down some or most of property

By Adam Silva
adsilva@wickedlocal.com

With a new owner, there will be changes coming to The Hanover Mall. Big changes.

The mall was sold to the PECO Real Estate Partners (PREP), of Cincinnati, in November 2016 for \$39.5 million from CW Capital Asset Management of Needham.

While PREP has not released exactly what its plans are for the mall property, the mall in its current state could be going away.

"There's really nothing we can disclose yet as to what we are doing, but we are looking at a large variety of plans," said PREP chief development officer Mark Wilhoite. "All of which will probably require some or most of the mall to be torn down."

The mall's anchor stores - Macy's, Wal-Mart and Sears - could stay put, but nothing is concrete, meaning any store in the mall could change or close, Wilhoite said. JC Penney closed its doors at The Hanover Mall in April 2016.

Until PREP's redevelopment plans are finalized, the mall will stay as it is, with PREP keeping current mall management intact.

The Cincinnati-based company deals primarily with retail development and its stated goal is to purchase properties that are a combination of retail, office space and assisted living.

One possible scenario is to



PECO Real Estate Partners plan on transforming the mall into possibly a mixed-use property. This could include retail, office space and assisted living.

WICKED LOCAL PHOTO/ADAM SILVA

turn the mall into an outdoor shopping center, but Wilhoite said all possibilities are on the table, including multi-family housing, assisted living and offices.

"We're going to let the market dictate that for us," Wilhoite said. "That's what we typically do in these situations. We'll hire some local brokers to help us and we'll look at the market and see what the best use is for us. It will predominantly be retail, but we're not ruling out any other type of uses that may go into the project."

In order for the sale of The Hanover Mall and permitting process to run smoothly, many factors have to come into play.

Wilhoite noted that Hanover Town Manager Troy Clarkson was a delight to work with and made the process easy.

"You also have to have a town that supports it," Wilhoite said. "I think we have

according to Clarkson. The town has expressed a willingness to put a question on the spring Town Meeting warrant to change zoning to something else if PREP desires.

"We won't know that until their plans are more definitive," said Clarkson. "They know that we are ready to help them should they need to do that. There were approved plans to put an assisted living center on that site. Whether or not they proceed with that is really up to them."

"There could be mixed use, with residential and commercial, but that would still have to be approved by the Hanover Planning Board for site plan review even if it's within the zoning."

Other projects

The Hanover Mall is hardly the first mall project PREP has been involved with. The Shoppes at Parma was a shopping mall that was suffering from some of the same issues The Hanover Mall is currently facing.

The city of Parma, Ohio is quite different than Hanover, though. The suburb of Cleveland is the seventh-largest city in the state and has 81,000 residents versus the nearly 14,000 that call Hanover home.

Parma Mayor Timothy J. DeGeeter said his relationship with The Shoppes at Parma started on his first day in office, when he received a call alerting him that the next day Macy's would be announcing the closing of its store at The Shoppes.

"That's how we started 2012," said DeGeeter. "The previous owners were walking

away from it and we worked really well with the receiver."

DeGeeter said the majority of Parma was developed after World War II and a downtown area was never fully established. A town center concept was built up around the Shoppes and economic development agreements were drafted.

Sharing a common vision for the project is one of the reasons PREP and Parma were able to work together so well, according to DeGeeter.

"It's been a 180 turnaround," said DeGeeter. "My administration and the city council are very proud of what we've been able to accomplish. They're still working on it and we've entered into a TIF [tax increment financing] agreement with them. Beyond that core development in the city, we're putting a splash pad across the street and tore down an aging pool from the '60s that had seen better days."

Things are moving along, but not at a quick pace, which is often the case for these types of projects.

The Parma project and Kenwood Town Centre project in Cincinnati, another project PREP is involved with, are going into their fourth years, although they should be wrapping up soon.

Wilhoite said because these redevelopment projects are nearing completion, PREP's purchasing of The Hanover Mall was attractive, as time and resources could be allocated to it.

"When we redevelop this mall, there's going to be a net add in terms of jobs that will come to this area," said Wilhoite. "The mall employs a

— Follow Adam Silva on Twitter @AdamsMariner.



Readers Choice Ballot Board

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One Grand Prize winner will win a **Bose Soundlink Bluetooth Speaker II**. This water resistant portable speaker lets you connect an enabled cell phone, tablet, or laptop, so you can wirelessly stream your tunes!

Second Prize

THREE runners-up will each receive a pair of tickets to see **Boston's Favorite Baseball Team** at a pre-determined regular season game.

Third Prize

FIVE third prize winners will each receive a **Gift Certificate** to a local restaurant or entertainment event/venue.

VOTE TODAY!

Vote locally. Write in your choice of the **BEST** in your area for the categories below or vote online at wickedlocalfavorites.com. In order to be eligible, each vote must include the town where your choice is located. For businesses with more than one location, please indicate the address of your #1 choice. **You must vote in at least 10 categories for your votes to be counted.** Ballots must be received by Wednesday, February 15, 2017 at 5 p.m. The ballots will be entered and tabulated by an independent data processing firm. Results will be published in a special section inserted into your newspaper the week of June 26th and will be available online at wickedlocalfavorites.com.



WICKED LOCAL

Business/Place Name	Town	Business/Place Name	Town
Local Shopping			
1 Men's Clothing Store		41 Community Bank / Credit Union	
2 Women's Clothing Store		42 Insurance Agency	
3 Children's Clothing		43 Dance School	
4 Optical Shop		44 Gymnastics School	
5 Shoe Store		45 Retirement Living Residence	
6 Bookstore		Local Flavor	
7 Photography		46 Restaurant For Breakfast	
8 Gift Shop		47 Restaurant For Lunch	
9 Jewelry Store		48 Restaurant For Dinner	
10 Florist		49 Fine Dining Restaurant	
11 Sporting Goods Store		50 Italian Restaurant	
12 Toy Store		51 Pizza Place	
13 Pet Services		52 Thai Restaurant	
14 Liquor Store		53 Mexican Restaurant	
15 Furniture Store		54 Family Friendly Restaurant	
16 Carpet/Flooring Store		55 Seafood Restaurant	
17 Appliance Store		56 Chinese Restaurant	
18 Home Decorating Store		57 Sushi Restaurant	
19 Hardware/Home Improvement Store		58 Takeout Restaurant	
20 Garden Store/Nursery		59 Steak House	
21 Consignment Shop		60 Bakery	
Local Services			
22 Accountant/Financial Planner		61 Coffee Shop	
23 Maid/House Cleaning Service		62 Ice Cream Shop	
24 Landscaper		63 Butcher Shop/Deli	
25 Attorney/Lawyer		64 Fish Market	
26 Veterinarian/Animal Hospital		65 Bar	
27 Martial Arts		66 Caterer	
28 Hair Salon		Regional Favorites	
29 Day Spa or Massage		67 Hospital	
30 Manicure/Pedicure		68 Wedding Venue	
31 Tanning Salon		69 Beach	
32 Health Club/Yoga Studio		70 Golf Course	
33 Weight Loss Center		71 Museum	
34 Assisted Living		72 Place To See Theatre	
35 Doctor/Primary Care Physician or Pediatrician		73 Place For Family Entertainment	
36 Dentist or Dental Office		74 Summer Camp	
37 Chiropractor		75 Mall	
38 Daycare/Preschool		76 Discount Store	
39 Dry Cleaner/Tailor		77 Supermarket	
40 Auto Service/Repair		78 Car Dealership	
		79 Tree Services	
		80 Home Delivery Oil Company	
Reminder: You MUST include the TOWNS where your choices are located!		NAME _____	
		ADDRESS _____	
		CITY _____ STATE _____ ZIP CODE _____	
		PHONE _____	
		E-MAIL ADDRESS _____	

GUIDELINES (1) No purchase necessary. One entry per person. Must be a resident of Massachusetts. (2) Use original ballot or online ballot only. No reproductions will be accepted. (3) No ballot will be counted without name, address and phone number. (4) All results are final. (5) At least 10 choices must be written in for votes to be counted. (6) All choices winners drawn at random. No disqualification for prizes (drawing). Game dates will be selected by Gamehouse Media New England. (7) You must be at least 18 years of age to enter. Winners will be notified by phone, mail or email. (8) Any taxes are the responsibility of the winner. (9) Winners free Gamehouse Media New England. Its agents, affiliates and assigns from any and all liability whatsoever including personal injury, property damage or financial loss incurred while using the Readers Choice Awards. (10) Each winner gives Gamehouse Media New England permission to publish their name, town and address with regard to the outcome of this drawing. (11) Employees of Gamehouse Media New England, Automated Solutions Direct Inc. and their immediate families are not eligible for prizes. (12) Entries become the property of Gamehouse Media New England. Not responsible for lost, late or misdirected mail or email. Void where prohibited by law. (13) Ballots must be received by February 15, 2017.

Mail To: Readers Choice Awards 2017 c/o Automated Solutions Direct Inc., 200 Jefferson Rd Ste 203, Wilmington, MA 01887

CALENDAR

Atlantic Symphony Orchestra concert Jan. 28 at Thayer Academy Center for the Arts in Braintree

WHEN: 7:30 p.m., Saturday, Jan. 28
WHAT: Atlantic Symphony Orchestra concert at Thayer Academy Center for the Arts, 745 Washington St., Braintree.
INFO: ASO's mid-winter concert, "ASO Masterworks - After Hours," features masterworks by Haydn and Mozart, commentary by maestro Jin Kim (pictured) and a post-concert party with the musicians. Tickets \$20-\$45.
For information: 781-331-3600, www.atlanticsymphony.org



CALENDAR

Send your event information by email to scalendar@wickedlocal.com. Listings information must be submitted at least two weeks prior to the event. Please include the time, date, location, street address and town of the event. If possible, provide a contact phone number and website.

Friday, Jan. 27

Church Hill Coffeehouse: 7:30 p.m., United Methodist Church Fellowship Center, 11 Church St., Norwell. Featured performers are Katy Boc and Todd Nickerson of Sparrow Blue playing fiddle and acoustic guitar. Coffee, beverages, homemade desserts for purchase. Admission \$10. For information: 781-826-4763.

High Hopes Band: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Saturday, Jan. 28

Owls and Omelets: 5:45-8 a.m., North River Wildlife Sanctuary, 2000 Main St., Marshfield. Seek out the resident screech and great horned owls, explore owl adaptations, then enjoy full breakfast indoors at 7 a.m. \$30/\$25 member adult per session. Preregister. For information: 781-837-9400, ext. 7902, www.massaudubon.org/southshore.

Open house: 10 a.m. to 1 p.m., New School St., Pembroke. If you know of an adult with intellectual or developmental disabilities who could benefit from the quality of programs offered at New England Village, encourage them to attend and to tour one of the residential homes. To register for the open house, contact Christina Danielson: 781-293-5461, ext. 138.

Rug Braiding Series: 10:30 a.m. to 12:30 p.m., Jan. 21, 28, Feb. 4, Soule Homestead, 46 Soule St., Middleborough. All levels welcome. New students must attend first workshop. Everyone should take scissors, needles, thread, and wool materials (wool is available to purchase). Preregistration required. Each workshop: \$10 member, \$15 non-member (\$5 for students returning from past workshops). For information: 508-947-6744, www.soulehomestead.org.

Holly Hill Winter Farm Stand: 11 a.m. to noon, Holly Hill Farm, 236 Jerusalem Road, Cohasset. A product and price list with info on pre-ordering can be obtained by emailing Meaghan.sweetish@brownbarfarm.com. For information: 781-383-6565, www.hollyhillfarm.org.

Creative Kids Art Classes: 11 a.m. to 1 p.m., Saturdays

Jazz concert Jan. 28 at James Library in Norwell

WHEN: 7:30 p.m., Saturday, Jan. 28
WHAT: Jazz concert at James Library in Norwell
INFO: All Star Night of Jazz concert at the James Library, 24 West St., Norwell, will feature musicians Laszlo Gardonyi on piano, Yaron Israel on drums, John Lockwood on bass and Stan Strickland on saxophone, plus a surprise guest. Tickets are \$25 adults, \$22 seniors and \$10 for students.
For information: 781-659-7100, www.jameslibrary.org.



Mutts Gone Nuts show Jan. 29 at Company Theatre in Norwell

WHEN: noon and 3 p.m., Sunday, Jan. 29
WHAT: Mutts Gone Nuts show at Company Theatre in Norwell
INFO: All Star Night of Jazz concert at the James Library, 24 West St., Norwell, will feature musicians Laszlo Gardonyi on piano, Yaron Israel on drums, John Lockwood on bass and Stan Strickland on saxophone, plus a surprise guest. Tickets are \$25 adults, \$22 seniors and \$10 for students.
For information: 781-659-7100, www.jameslibrary.org.



information: 781-545-6150, www.frontstartgallery.com.

The Moth Mainstage: 7:30 p.m., Zeiterion Performing Arts Center, 684 Purchase St., New Bedford. Simple, old-fashioned storytelling by five wildly divergent raconteurs who develop and shape their stories with the assistance from The Moth's directors. Tickets \$29, \$35, \$45. For information: 508-994-2900, www.zeiterion.org.

Diane Blue sings and plays harp with the Willie J. Laws Band: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. Followed by open mic with Willie J. Laws Jr. Jammers invited and welcome. Free pizza. For information: 781-340-1300, thenextpagecafe.com.

Monday, Jan. 30

Play auditions: 7:10 p.m., Norton Media Center, 184 West Main St., Norton. Norton Singers will hold auditions for "Young Frankenstein" today and tomorrow. Calbacks Feb. 2. Prepare 16-32 bars each of a ballad and an up-tempo song and take sheet music. Email Sharon Silberman at spoohs@aol.com for an appointment. Include your name and phone number and put "Young Frankenstein Auditions" in your email subject line. Walk-ins are also welcome.

Tuesday, Jan. 31

Play auditions: 7:10 p.m., Norton Media Center, 184 West Main St., Norton. Norton Singers will hold auditions for "Young Frankenstein" Calbacks Feb. 2. Prepare 16-32 bars each of a ballad and an up-tempo song and take sheet music. Email Sharon Silberman at spoohs@aol.com for an appointment. Include your name and phone number and put "Young Frankenstein Auditions" in your email subject line. Walk-ins are also welcome.

Wednesday, Feb. 1

Duxbury Camera Club meeting: 7 p.m., Duxbury Free Library, 77 Alden St., Duxbury. This month's speaker will be Lance Keimig, a Massachusetts based photographer best known for his nocturnal images. His book, "Night Photography-Finding Your Way in the Dark," was published in August of 2010. For information: duxburycameraclub.org.

Thursday, Feb. 2

Student art exhibit: Feb. 2-26, Front Street Art Gallery, 124 Front St., Scituate Harbor. View the annual Scituate High School art exhibit, hosted by the Scituate Arts Association. A First Friday reception for the students, families and friends will be held from 6 to 8 p.m. Feb. 3 (snow date 2-5 p.m. Feb. 5). The public is welcome to attend and vote for a favorite piece. For information: 781-834-5535, www.ventresslibrary.org.

Friday, Feb. 3

Italian Pop Songs: 2 p.m., Ventress Memorial Library, 15 Library Plaza, Marshfield. John Murrelle, baritone, and the John Salerno Trio will perform "That's A Noor: Italian Pop Songs." Free and open to the public; no tickets required. Light refreshments served at a post-concert social hour. For information: 781-834-5535, www.ventresslibrary.org.

Saturday, Feb. 4

Art exhibit: Feb. 4-March 3, Clemens Gallery, Hingham Public Library, 66 Leavitt St., Hingham. "By the Sea," paintings by Kathleen Dunn, were inspired by walks along the beach. Reception 1-3 p.m. Feb. 11. For information: www.hinghamlibrary.org.

Sunday, Feb. 5

New England Village's Memory Cafe: 12:30-2 p.m., Plymouth Center for Active Living, 44 Nook Road, Plymouth. For individuals with memory issues. This month's social event will include fun and games with Kim Lowman. Meet other seniors and have some fun. Refreshments will be served. No charge. To register, call Beth Hadfield at 508-830-4230.

Monday, Feb. 6

Gun Powder & Lead: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

open at 7 p.m. Dinner and show \$59.99 per person. Show only: \$25. For information: 508-591-8206, www.johncarverin.com/packages/dinner-theater-comedy-mystery-music-more. Tonight: "Shipwrecked."

Fire and Rain: 8 p.m., Company Theatre, 30 Accord Park Drive, Norwell. The Company Theatre's 2017 Special Events series will present a tribute concert by Dave Binder, performing James Taylor's most memorable music. Binder has spent 32 years touring, performing more than 3,200 shows. Tickets are \$26. For information: 781-871-2787, www.companytheatre.com.

Gun Powder & Lead: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Monday, Feb. 6

NAMI caregivers support group: 6:30-7:30 p.m., Vinn's office, 5 Finnell Drive, Weymouth, presented by National Alliance on Mental Illness. A caregivers support group for those who have loved ones living with mental illness. Facilitators guide the group offering advice and support. Group meets the first and third Monday each month (except legal holidays) meet on Tuesday following holiday. For information: namisouthshore@gmail.com.

IACO Italian movie night: 7 p.m., Grove Manor, 160 Grove St., rear building, Braintree. Event presented by Italian-American Cultural Organization of the South Shore. See "Big Night," a 1996 drama/romance. A failing Italian restaurant is run by two Italian brothers who gamble on a special night to try to save their business. It looks like it's about Italian food but actually about the search for the American dream, struggles and conflict of the Italian immigrant. General public and visitors are welcome. Refreshments will be served. For information: www.southshoreiaco.com.

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Horoscope

ARIES (March 21 to April 19) The changes you've waited to see in your work situation might not be happening quite as quickly as you'd hoped. Although the pace is slow, it's ongoing. Expect to hear news soon.

TAURUS (April 20 to May 20) You should be feeling very proud of the fine effort you've made to get that important project done. Now take some time out to celebrate with family and friends. You've earned it.

GEMINI (May 21 to June 20) You're close to reaching your objectives. That's the good news. But be careful: Your aspects show lots of potential distractions looming. Stay focused and keep your eyes fixed on your goals.

CANCER (June 21 to July 22) Be careful not to let that suspicious Cancerian mind create a problem where none exists. What you might believe is an act of betrayal could be nothing more than a misunderstanding.

LEO (July 23 to August 22) Your Lion's heart overflows with self-confidence. All

you need to do is tap into it, and you'll be able to handle any change that must be made regarding that recent surprise development.

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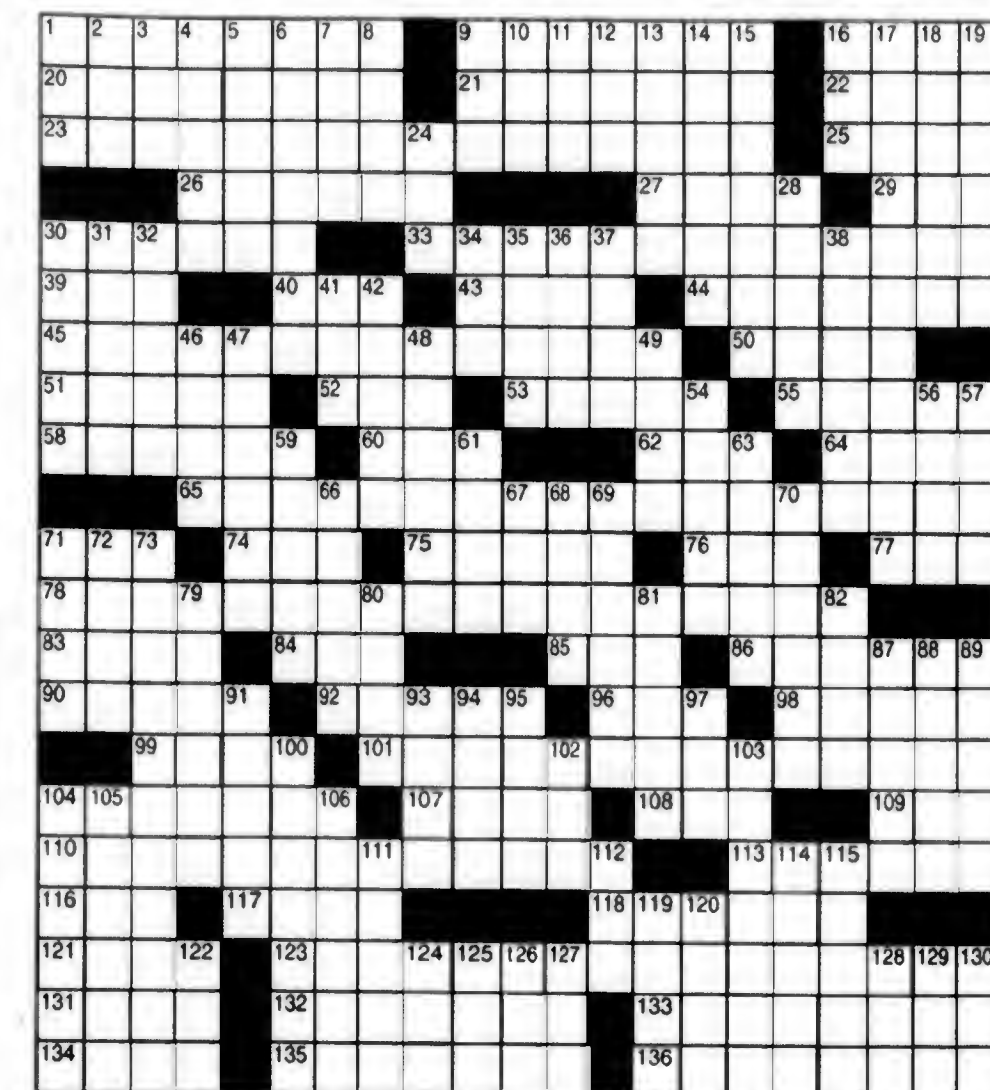
LIBRA (September 23 to October 22) A longtime family problem presents new demands. But this time, you won't have to go it alone. Someone else is asking to help share your responsibilities. Let it happen.

SCORPIO (October 23 to November 21) A period of feeling vulnerable is about to give way to a stronger, more self-confident aspect. Use this new strength to reaffirm promises you've made to others and yourself.

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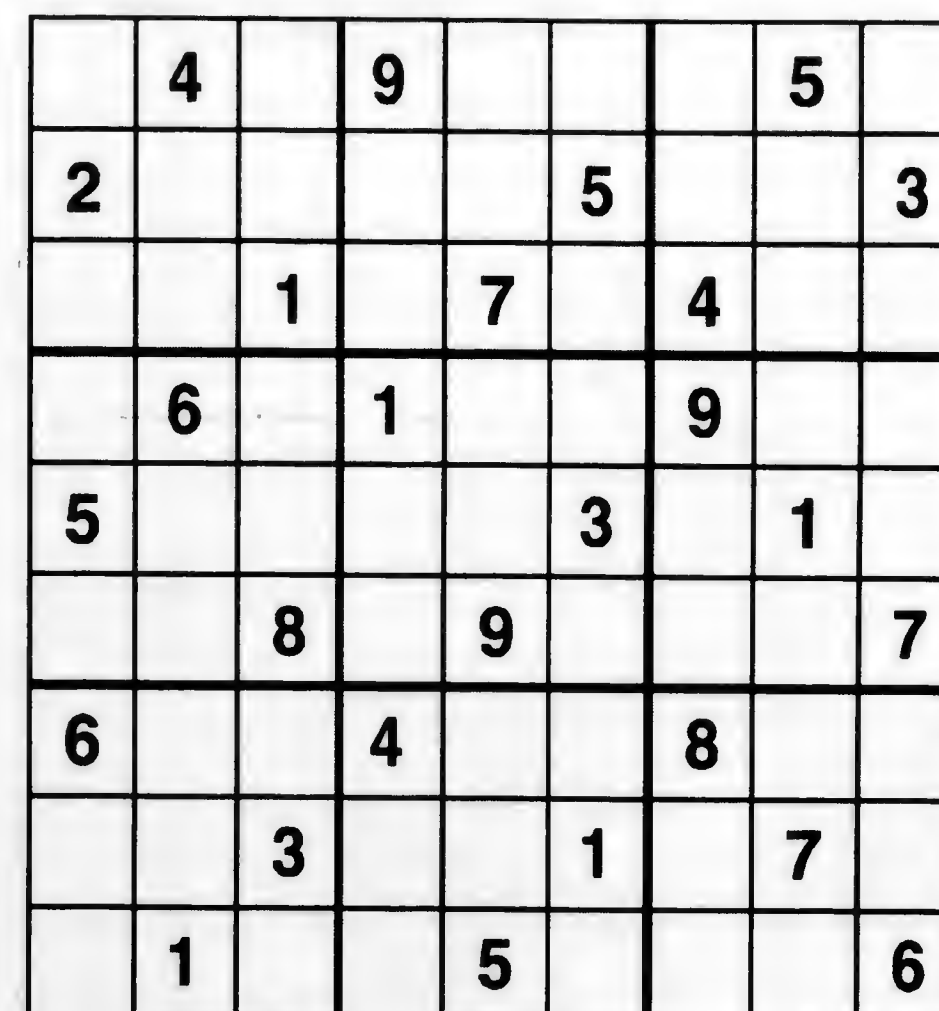
PUZZLES

Crossword • FOR FANS OF GORE



ACROSS
 1 Dirty types
 9 Stains, as with blood
 16 Team (for)
 20 Hellish
 21 Powder from chili peppers
 22 Drive—
 23 Meat-curing company?
 25 Look as though
 26 — Fideles' (rule card)
 27 Inning divisions
 29 Form of jazz
 30 R&B singer with the 1965 hit "Holl"
 31 What You've Got
 33 Last time you'll ever pull into a garage?
 39 Gerund ending
 40 Angely music genre
 43 Placed (down)
 44 Tasting rich and sweet
 45 Messenger bringing news to cow?
 50 See 13-Down
 51 It's the end of —
 52 Lance of the O.J. trial
 53 Real bargain
 55 Observe
 58 Let's hear it!
 60 Ger's home
 62 Stephen of
 64 Cret of video
 65 The Catcher in the Rye? author's tune genre?
 71 Old crone
 74 Law in a pub
 75 Build—
 76 Geller of psychic acts
 77 Lamb suckler
 78 Obsolete Orator?
 83 Slangy suffix with buck
 84 Vehicle-towing org.
 85 Cong member
 86 Looked hard
 90 Turn again
 92 Division of Islam
 96 Trunk bone
 98 Very brief one
 99 Movable kayak lin
 101 "You already know the answer is team spirit, right?"
 104 Large, arboreal snake
 107 Russian city
 108 Co. sul
 110 Shoes worn in the Sahara?
 113 In recent days
 116 "My life" book
 117 Eight, in German
 118 Practically
 121 Edison's middle name
 123 Piece from "The Domestic Oration"
 131 NY Met, e.g.
 132 Came
 133 #1 Bruce Springsteen album of 1980
 134 Emmy winner
 135 Not unfeeling
 136 Blood vessel to the heart
 37 Sit in neutral
 38 Language for a Shetland
 1 Belle, informally
 2 — fix (stuck)
 3 Eagles' org
 4 Insinuate
 5 Groom's syllables
 6 Added on
 7 Dogs' jingles
 8 ATM feature
 9 Cold dessert
 10 Scratch, e.g.
 11 Off — mile
 12 On Social Sec., say
 13 With 50-
 14 Sufficient
 15 Summopond
 16 — true!
 17 Nickname of Boston's locale
 18 Louisiana cuisine style
 19 Like camels
 24 Livelihood
 28 Bone-to-muscle jointer
 30 Holy war
 31 Bridge bd.
 32 White heron
 34 Styled after
 35 Some vermin
 36 Charleuse
 82 N. Mex. Eartha
 37 Sit in neutral
 38 Language for a Shetland
 1 Belle, informally
 41 Me, to Gig
 42 Many a time Messing
 43 Refrain
 44 Eggham
 48 Puma
 49 Be worthy of
 54 Boost
 56 Flight staff
 57 Tortoise rival
 59 Novelist
 104 Financial co. for which the Boston Celtics arena is named
 105 Comic Nelson —
 106 On dry land
 111 Done to — (well-cooked)
 112 NBC turtur since '75
 114 Plant life
 115 Tune's text
 119 1999 Row
 120 Feel sore
 122 Noed coach
 123 Parsaphan
 124 Family gal
 125 A Gabor
 126 Filled, with
 127 Keats poem
 128 A Gardner
 129 O.T. book
 130 Picking star

Sudoku



Level: HOO BOY!

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SOLUTIONS

Salome's Stars

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your aims and, perhaps, come up with a new target.

CAPRICORN (December 22 to January 19) Your nimble will finds a way for you to work out those newly emerged problems plaguing your new project. Stay with it. The results will be well worth your efforts.

AQUARIUS (January 20 to February 18) You might feel overwhelmed at having to decide which new opportunity you should follow. Best advice: Check them all out and see which offers what you really want.

PISCES (February 19 to March 20) Continue to tread water before you even consider plunging into something that never seemed quite right. Some facts will soon emerge that can help you make a decision.

BORN THIS WEEK: You're a natural-born peacemaker. You value truth and have little patience with those who lie to their own purposes.

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SOLUTIONS

